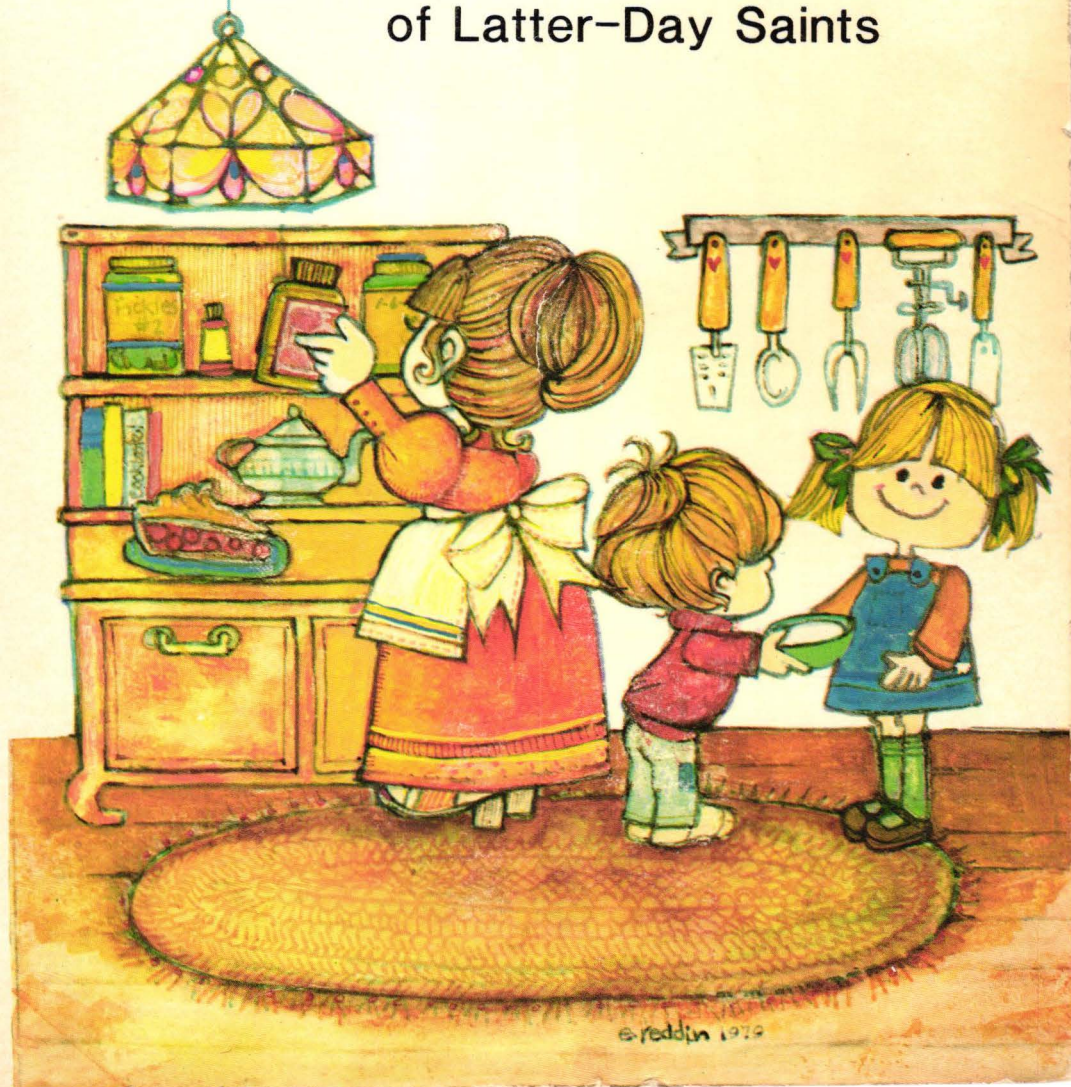


OUR FAVORITE RECIPES

Murray 13th Ward
Relief Society

The Church of Jesus Christ
of Latter-Day Saints



Expression of Appreciation

*Our organization wishes to sincerely express our
appreciation and thanks to all those individuals
who donated recipes, helped with the compiling
and the selling or in any other way contributed to
the publication of this delightful cookbook.*

MURRAY 13th WARD RELIEF SOCIETY

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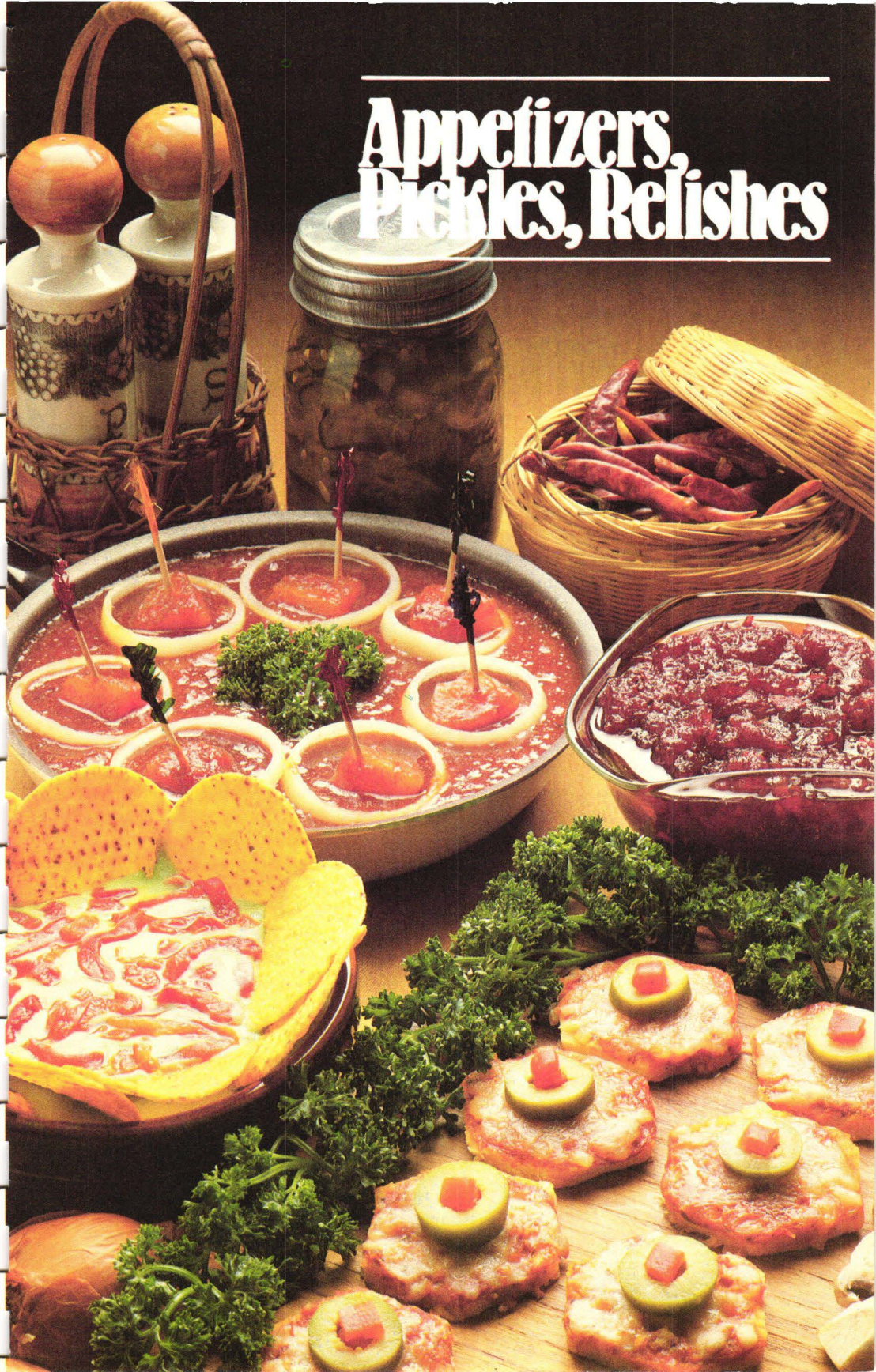
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Appetizers, Pickles, Relishes



A HANDY SPICE GUIDE TO MAKE YOU BECOME A SEASONED SEASONER

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. **USES:** (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. **USES:** For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. **USES:** For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. **USES:** For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. **USES:** For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. **USES:** Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. **USES:** (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. **USES:** In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. **USES:** Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a safe bush growing in Italy, Greece and Mexico. **USES:** An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. **USES:** A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. **USES:** Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. **USES:** In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. **USES:** For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. **USES:** For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. **USES:** As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS, PICKLES, RELISHES

APPETIZERS

COTTAGE CHEESE SOUR CREAM

1 Tbsp. lemon juice

1 c. creamed cottage cheese

Put ingredients into Osterizer and process at high until smooth and creamy. Use as a base for dips. Higher in protein and lower in calories than sour cream. Yield: 1 cup.

Penny Lundquist

CHEESE BALL

8 oz. pkg. Philadelphia
cream cheese

1/2 lb. real butter,
softened

1 pkg. Schillings cheese
sauce mix

Optional: Add chopped onion and/or fresh chopped parsley. Mix thoroughly and shape into ball. Roll in chopped pecans or chopped parsley. Refrigerate until completely chilled. Serve with crackers.

December's Luncheon

CHEESE BALL

2 (8 oz.) pkg. cream
cheese

1 (8 1/2 oz.) crushed
pineapple, drained

2 c. chopped walnuts

1/4 c. chopped green pepper

2 Tbsp. chopped green onion

1 Tbsp. seasoning salt or
less

Use wooden spoon to soften cheese. Add all but one cup of nuts; mix well. Form into a ball and roll in the remaining nuts. Chill for several hours.

Kathryne Treseder

CHEESE FONDUE

1/2 c. shredded Cheddar	1/3 c. ginger ale
1/2 c. shredded Swiss	1/8 tsp. dry mustard
2 tsp. flour	1 tsp. Worcestershire sauce

Toss cheese together with flour. Set aside. Pour ginger ale into skillet or fondue pot. Blend in dry mustard and Worcestershire sauce. Heat over medium heat. Add cheese mixture, stirring constantly. Lower heat and serve with French bread, cut into cubes or any fruit such as apples or grapes. Makes about 1 cup.

Karen H. Nelson

CHEESE DIP

1 cube butter	1 large can whole tomatoes
1 (2 lb.) box Velveeta	1 can diced green chilies

Melt butter and saute onions. Cube cheese and melt on low heat. Drain tomatoes, not quite dry and dice, then mix with melted cheese and add diced chilies. Can be frozen or used as fondue. To make hot, use whole jalapeno pepper--1 diced.

Ann Hurst

HOT CHEESE DIP

Medium-sharp Cheddar cheese	Velveeta cheese Jalapeno peppers (1 small can)
--------------------------------	---

Melt equal amounts of Cheddar and Velveeta cheese in a double boiler. Chop or grind canned peppers and add to melted cheeses, according to taste. Keep hot in crock-pot or fondue pot and use as a dip for chips or vegetables.

Shauna Maughan

CHIP DIP

3 Tbsp. vinegar
3 Tbsp. sugar
1/2 tsp. salt
2 Tbsp. butter

8 oz. cream cheese, cut into sections
Chopped onions and green pepper (1/2 of each)

Combine all ingredients in saucepan, except onions and green peppers. Cook until smooth. Remove from heat and add onions and green peppers.

Wilma Egbert

CRAB MEAT DIP

1 can cream of shrimp soup or 1 can cream of mushroom soup, undiluted
2 (3 oz.) pkg. cream cheese
1/4 c. finely chopped onion
1 c. mayonnaise

2 envelopes unflavored gelatin
1 c. cold water
1 (7 1/2 oz.) can crab meat, drained and flaked
1 c. finely chopped celery
Salad greens
Lemon wedges
Sliced, pitted black olives

In medium pan, combine soup, cheese and onion. Heat until cheese is melted. Blend in mayonnaise; remove from heat. In another pan, sprinkle gelatin over water, over low heat; stir until gelatin dissolves. Stir in soup mixture; add crab meat and celery. Pour mixture into 6-cup mold. Refrigerate 6 hours or until firm. Place on salad greens -- garnish with olives and lemon wedges. Great on crackers or celery, carrot sticks, chips.

Ann Durham

HOT CHILI TOMATO DIP

2 c. grated sharp cheese
1 large can tomatoes
2 green chilies (small Ortega -- take out seeds)

1 c. chopped onion
2 clove garlic, minced
1 cube butter

Saute onions in butter; gradually add other ingredients; lastly, stir in grated cheese until melted and bubbling. Dip pieces of French bread or tortilla chips.

Lou Towne

TOMATO SOUP VEGETABLE DIP

1 can tomato soup	1 Tbsp. dry mustard
1/4 green pepper	1 tsp. salt
1/2 c. salad oil	1/2 tsp. pepper
1/4 c. vinegar or lemon	1 Tbsp. Worcestershire sauce
2 Tbsp. sugar	1/2 small onion
	Garlic to taste

Mix in blender and serve as dip for raw vegetables.

Liz Robins

TRACY'S VEGETABLE DIP

1 Tbsp. dill seed	1 1/2 tsp. onion salt or finely chopped onions
1 Tbsp. parsley flakes	
1 tsp. seasoning salt	1 c. mayonnaise
1 tsp. lemon juice	1 c. sour cream

Combine all ingredients and chill. Serve with fresh vegetables.

Ann Greenhalgh

VEGETABLE DIP

1 large pkg. plain cream cheese	1 small pkg. cream cheese with chives
1 small pkg. cream cheese with pimento	1/2 c. ketchup
	1 Tbsp. Worcestershire sauce
	Garlic salt to taste

Soften cream cheese and mix all together. Chill.

Amy Atwood

VEGETABLE DIP

1 c. mayonnaise	1/4 bottle dry chives
8 oz. cream cheese	(optional)
1 tsp. salt	1/2 pkg. frozen spinach
1/2 tsp. pepper	1 1/2 tsp. Accent

Blend in blender. Use milk to thin (if needed). Better if flavors blend overnight.

Judy Mortimer

BACON BOWSER SANDWICH FILLING

2 hot dogs, chopped	1/4 c. finely chopped, cooked mushrooms
1 small onion, chopped	
2-3 strips bacon, crisply cooked, chopped	1/2 c. grated Cheddar cheese
	2 Tbsp. mayonnaise

Mix all ingredients. Fills 5-6 sandwiches.

Kathi Hanna

HAM-CARROT CREAM CHEESE SANDWICH FILLING

1/2 c. diced ham	1/4 tsp. chopped chives
1 small carrot, grated	3 oz. cream cheese

Mix all ingredients. Fills 4 sandwiches.

Kathi Hanna

MINI MEAT BALLS

Mix up your favorite meatloaf recipe. Make into meatballs. (1 tablespoon mixture). Put on cookie sheet and bake in oven until firm (at 325°, 10-15 minutes). Put into a casserole dish or electric fry pan; cover with barbecue sauce, Cheddar cheese soup or sweet and sour sauce and simmer until tender. Serve with toothpicks. A sweet and sour sauce made with chunk pineapple and large chunks of peppers is really good because you can eat them too. To make this ahead of time,

quick freeze the balls (on the cookie sheet), then place in a plastic bag in your freezer until ready to use. If balls are frozen, allow extra baking time.

December's Luncheon

SWEET AND SOUR MEAT BALLS

Meat Balls:

4 lb. pork sausage (bulk)	1 1/2 c. soft bread crumbs
4 eggs, slightly beaten	

Sauce:

1/2 c. white wine vinegar	3 c. brown sugar
1/2 c. soy sauce	3 c. catsup

Mix meat ball ingredients together and shape into walnut-size balls. Brown on all sides. Mix sauce ingredients together; add meat balls, and simmer 30 minutes.

Kate Jewkes

PICKLES

PHYLLIS' BREAD AND BUTTER PICKLES

15 dill size cucumbers	1 tsp. ginger
5 large onions	1 tsp. celery seed
1 c. water	1 tsp. pepper
2 c. sugar	1 tsp. salt
3 c. vinegar	1 tsp. tumeric
1 Tbsp. mustard seed	

Brine:

1 c. salt	11 c. water
-----------	-------------

Slice cucumbers and onions and soak in brine 3 hours. Drain and rinse. Discard brine. Add other ingredients to cukes and onions and boil 10 minutes. Fill jars and seal with processed lids.

Ann Greenhalgh

DILL PICKLES

Dill	Cider vinegar
Alum	Salt
Mustard seed	Cucumbers

Fill clean Mason jars with fresh cucumbers. To each quart, add 3 or 4 heads of dill, one piece of alum, (or 1/2 teaspoon if alum is powdered) and 1 teaspoon mustard seed. Prepare enough hot brine to fill bottles using the following ratio -- 1 cup vinegar to 2 cups water and 1 tablespoon of salt. Cap and process in canner for 10-20 minutes.

Ann Greenhalgh

DILL PICKLES

1 qt. vinegar	1 c. salt
3 qt. water	

Combine above ingredients; heat until salt is dissolved. Wash cucumbers; put in bottles and add dill weed. Pour liquid over pickles and dill. Seal and put out in the sun for 10 days.

Betty Watts

HOT DOG RELISH

2 qt. and 2 c. cucumbers	2 c. onion 1 c. sweet red peppers
-----------------------------	--------------------------------------

Grind up to medium-fine consistency.

2 c. sugar	2 c. vinegar
2 tsp. mustard seed	1/4 c. salt
2 tsp. tumeric	

Let cucumbers, onions, peppers stand overnight in 1/4 cup salt and enough water to cover it. Drain thoroughly. Combine drained vegetables and remaining ingredients. Cook until to the desired thickness. Place in hot, sterile jars and seal immediately by turning upside down or hot water bath for 5 minutes.

Ruth Dallas

MIXED PICKLES

(Ball Blue Book Recipe)

- | | |
|--|---|
| 1 qt. small cucumbers,
cut in 1 inch slices | 1 small cauliflower, broken in
flowerets |
| 2 c. pared carrots, cut
1 1/2 inch slices | 1 c. salt |
| 2 c. celery, cut 1 1/2
inch slices | 4 qt. water |
| 2 c. peeled pickling
onions | 2 c. sugar |
| 2 sweet red peppers | 1/4 c. mustard seed |
| | 2 Tbsp. celery seed |
| | 1 hot red pepper |
| | 6 1/2 c. vinegar |

Dissolve salt in cold water. Pour over prepared vegetables. Let stand 12-18 hours in cool place. Drain; add spices, hot red pepper and sugar to vinegar. Boil 3 minutes; add vegetables; simmer until thoroughly heated. Pack, boiling hot, into hot jars, leaving 1/4 inch head space. Remove air bubbles. Adjust cap. Process 20 minutes in boiling water bath. Yield: 6 pints.

Charlene Peppinger

MUSTARD PICKLES

- | | |
|----------------------|----------------------|
| 3 Tbsp. dry mustard | 1 qt. green tomatoes |
| 1 Tbsp. curry powder | 1 qt. cucumbers |
| 1 tsp. turmeric | 1 head celery |
| 2 c. white sugar | 1 small cauliflower |
| 1/2 c. salt (scant) | 1 qt. small onions |
| 3/4 qt. vinegar | 3 red peppers |
| 3/4 qt. water | 3 green peppers |
| 3/4 c. flour | |

Dice and cook vegetables until thickened (about 1/2 hour). Add cauliflower last. Put in jars and seal.

Betty Watts

RELISHES

CHILI SAUCE

4 qt. chopped tomatoes	1 small hot red pepper
2 c. chopped onions	1 c. sugar
1 c. chopped sweet red pepper	1 tsp. cinnamon
1 c. chopped green pepper	1 tsp. allspice
2 Tbsp. salt	1/2 tsp. cloves
	2 1/2 c. vinegar

Add all together and cook over low heat until thick (all day).

Kathryne Treseder

HOT SAUCE

(Makes 10 pints.)

16 medium tomatoes, peel and cut up	8 long yellow peppers or 10 long green, tapered or 4-6 hot chili peppers
4 dry onions	
10 green bell peppers	

Remove seeds from peppers. Grind peppers and onion; mix with tomatoes. Add 2 tablespoons salt, 1 pint vinegar. Add 1 cup sugar. Cook all together for 2 hours or until desired thickness. Bottle and seal.

Annie Hughes

SALSA SAUCE

3/4 bushel tomatoes	3 chili peppers
6 to 8 green peppers	3 jalapeno peppers
5 to 7 onions	3 cilantro

Blanch tomatoes; skin, cut into wedges. Put in pan large enough to hold 3/4 bushel. Start letting them simmer while cutting up green peppers and onions. Put in amounts according to taste. In separate pan, boil hot peppers till soft; drain, put in blender; grind up till fine. Set aside.

Simmer ingredients till it thickens to desired consistency, at least 12 hours. Add ground peppers by spoonfuls to taste.

Note: Add ground peppers a little at a time tasting often for it grows hotter as it simmers. Let a spoonful cool, to get true taste. Simmer 1 hour till flavor goes through. While still hot, put in clean bottles and seal. Great with chips and tacos.

Carolyn Scharman

** NOTES **

notes

notes

Soups, Salads, Vegetables



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling for Sandwiches (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Jams & Preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad Dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles, Vegetables:			
Potato Salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12x20" pan	8 1/2 quarts	17 quarts
Mashed Potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Canned Vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Fruit Cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1 1/2 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheets cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

SOUPS, SALADS, VEGETABLES

SOUPS

CHICKEN SOUP

3 qt. chicken stock or broth	2 c. chicken
2 onions, chopped	1/2 - 1 c. rice
3 stalks celery, chopped	1 c. butter
2 large carrots, grated	1 1/2 c. flour
	2 c. milk

Saute vegetables in a little butter until clear. Add small amount of water and simmer till tender. In a large pan, make a white sauce with butter, flour and milk. Add stock slowly and stir until smooth and thickened. Add vegetables, chicken and rice. Season with salt and pepper. Makes 4 - 4 1/2 quarts.

Charlene Peppinger

BRATTEN'S CLAM CHOWDER

1 c. onions, finely chopped	3/4 c. butter
1 c. celery, finely chopped	3/4 c. flour
2 c. very finely diced potatoes	1 qt. half & half cream
2 cans minced clams and juice	1 1/2 tsp. salt
	Few grains pepper
	2 Tbsp. red wine vinegar

Variation by Sue Davis: Use 1 pint half and half cream and 1 pint condensed milk.

Drain juice from clams and pour over vegetables in a very small saucepan. Add enough water to barely cover and simmer, covered, over medium heat until barely tender. In meantime, melt butter and add flour and blend. Cook, stirring constantly. Add cream; stir with wire whip until smooth and thick (this is important). Add undrained vegetables, clams and vinegar and heat thoroughly. Season with salt and pepper to taste. Makes 8 servings.

Mary Woodland, Sue Davis

BRATTEN'S CLAM CHOWDER

2 cans clams and juice	3/4 c. flour
1 c. chopped onion	1 qt. milk
1 c. diced celery	1 1/2 tsp. salt
2 c. diced potatoes	Pepper to taste
3/4 c. butter	1/2 tsp. sugar

Pour clams and juice over vegetables in 1 1/2 quart dish. Add enough water to barely cover. Cook 5 to 15 minutes on high setting of microwave oven, depending on how well done you like your vegetables. Make white sauce of butter, flour and milk. Cook on high until thickened. Stir every 30 seconds. Stir until smooth and creamy. Add vegetables and clams. Heat thoroughly. Season.

Ann Hughes

CLAM CHOWDER

1 c. chopped onions	3/4 c. flour
1 c. celery, diced	1 qt. whole milk
2 c. diced, uncooked potatoes	1 1/2 tsp. salt
1 can minced clams	Dash of ground pepper
3/4 c. butter	2 Tbsp. vinegar

Combine vegetables in large saucepan; add clams and clam juice; add water to barely cover. Simmer, covered, over medium heat till barely tender. In another pan, melt butter; add flour and blend. Cook, stirring constantly and add cream. Cook and stir with wire whip till smooth and thick. Add undrained vegetables and clams and vinegar; heat through. Season with salt to taste. Serve.

Jan Hansen

CLAM CHOWDER

2 (6 1/2 oz.) can minced clams	1 c. finely diced celery
1 c. onions, chopped fine	2 c. finely diced potatoes
	3/4 c. butter
	3/4 c. flour

1 qt. half & half cream
1 1/2 tsp. salt

Pepper
1/2 tsp. sugar

Variation by Karen Mahon: For thinner chowder, substitute 3/4 cup butter and 3/4 cup flour for 1/2 cup butter and 1/2 cup flour.

Drain juice from clams and pour over vegetables in medium saucepan. Add enough water to barely cover and simmer, covered, over medium heat until potatoes are tender, about 20 minutes. In meantime, melt butter; add flour and blend and cook a minute or two. Add cream and cook; stir until smooth and thick, using wire whisk to blend; add undrained vegetables and clams; heat. Season with salt, pepper and sugar to taste. Makes 8 servings.

Robyn Smith, Karen Mahon

EASY FRENCH ONION SOUP

4 large yellow onions
4 c. water
2 beef bouillon cubes
2 vegetable bouillon
cubes

1 loaf French bread
1/2 lb. Swiss cheese
4 Tbsp. butter

Slice and saute 2 (two) onions in the butter until light brown. Add water and other 2 onions (sliced) and bouillon cubes; simmer for 20-30 minutes until onions are tender. Grate cheese and sprinkle on slices of buttered French bread. Put under the broiler until light brown, or bake until cheese is melted and bread is crunchy. Serve floating on hot soup. Enjoy!

Jackie Taylor

HAMBURGER SOUP

3 or 4 medium carrots
3 medium potatoes
1/2 onion
Cabbage

Au jus mix
1 lb. hamburger
Salt and pepper

Peel and cut up vegetables. Cover first 3 ingredients with cold water and boil until tender. Add cabbage. Brown

hamburger in saucepan and add when vegetables are done. Add au jus mix, salt and pepper. Stir well.

Colleen Welch

MICROWAVE MINESTRONE SOUP

5 c. hot water	2 medium zucchini (3-4 inches long)
1 lb. stew meat	1 (16 oz.) can kidney beans, drained
1 small onion, diced	1 c. shredded cabbage
1/4 tsp. pepper	1 tsp. salt
1/2 tsp. basil	Grated Parmesan or Romano cheese
1/2 c. diced carrots	
1 (1 lb.) can tomatoes	
1/2 c. uncooked spaghetti, broken into 1 inch pieces	

In a 4 quart casserole, pour water over meat; add onion, pepper and basil. Cover. Cook on high setting of microwave, 25 minutes or until meat is tender, turning meat at least once. Cut meat into small pieces. Return to soup broth, along with carrots and tomatoes. Cover; cook on high, 8 minutes. Stir in spaghetti, zucchini, beans, cabbage, salt. Cover; cook on high, 10 minutes, stirring once. Let stand, covered, several minutes. Sprinkle with cheese. Makes 6 servings.

Ann Hughes

MINESTRONE MAIN-DISH SOUP

3 slices bacon, finely chopped	1 1/2 soup cans water
1 c. chopped onion	1 (16 oz.) can tomatoes, undrained
1/2 c. chopped celery	1/2 c. uncooked ditalini (small tube macaroni)
2 large cloves garlic, minced	1/2 tsp. salt
1 can Campbell's beef broth	1 c. cabbage, cut in long, thin shreds
1 can Campbell's bean with bacon	1 c. cubed zucchini squash

In large saucepan, brown bacon and cook onion and celery with garlic and basil until tender. Stir in soups, water, tomatoes, ditalini and salt. Bring to a boil; cover; reduce heat; simmer 15 minutes. Add cabbage and zucchini; cook 10 minutes more or until done. Stir occasionally. Makes about 8 cups.

Carolyn Burton

OLD TIME BEEF STEW

2 lb. shortening	1/2 tsp. pepper
2 lb. stew meat	1/2 tsp. paprika
1 large onion, chopped	1 or 2 bay leaves
1 clove garlic	Dash allspice or cloves
4 c. boiling water	6 carrots
1 Tbsp. salt	1 lb. small potatoes, diced
1 Tbsp. lemon juice	1/2 c. cold water
1 tsp. sugar	1/4 c. flour
1 tsp. Worcestershire sauce	

Heat fat in Dutch oven. Add beef chunks; brown on all sides. Add chopped onion along with garlic (on toothpick so that you can retrieve it!), boiling water, salt, lemon juice, sugar, Worcestershire sauce, pepper, paprika, bay leaves and allspice or cloves. Cover and simmer (not boil) for 2 hours. When meat is almost done, add vegetables. Now simmer 30 minutes longer or till vegetables are tender. Discard the bay leaves and garlic clove.

Gravy: Pour cold water into shaker, then add flour. Shake; hard to blend. Remove pot from heat; push meat and vegetables to one side. Stir in flour mixture. Cook gently about 5 minutes. Serves 6 to 8 people.

Pat Swenson

ONION SOUP

4 Tbsp. butter or margarine	1 tsp. salt
4 c. sliced onions	1/4 tsp. pepper
6 c. beef stock or 6 bouillon cubes with 6 c. H ₂ O	1/2 tsp. Worcestershire sauce
	1 tsp. Kitchen Bouquet
	6 slices French bread
	1/2 c. shredded Swiss cheese

Melt butter or margarine in heavy kettle. Add onion and cook for 15 minutes or until lightly browned. Add beef stock, salt, pepper, Worcestershire sauce and Kitchen Bouquet; simmer for 30 minutes. To serve, place bread and cheese in soup bowl. Pour soup over bread. Brown cheese in soup bowl under broiler, if desired.

Margie Kline

POTAGE JARDINIER (VEGETABLE SOUP)

3-4 potatoes, peeled, cubed and rinsed	Several leaves spinach
3-4 carrots, peeled and sliced	Lettuce or dandelion greens
1 onion, sliced	1 bay leaf
1 clove garlic	Salt and pepper
1 small turnip	3 Tbsp. tapioca
	2 bouillon cubes
	1/4 cube butter

Combine all ingredients except tapioca and butter in a kettle with 1 1/2 quarts of water and cook until carrots are tender. Run through ricer or vegetable mill. Add tapioca and butter and 1 cup water. Cook until tapioca is done.

Lynn Chatterton

POTATO SOUP

4 medium potatoes, cubed	4 Tbsp. butter
1 medium onion, diced (or 1 Tbsp. onion flakes)	3 Tbsp. flour
1 qt. boiling water, salted	1/2 c. milk
	Salt and pepper to taste
	1 c. grated Cheddar cheese (can use other varieties)
	Parsley flakes

Peel and dice potatoes and onions. Simmer in boiling water until tender. Melt butter in small saucepan. Add flour and heat slowly until it bubbles. Stir in milk until thick. Add to potatoes (stir so it doesn't stick). Season with salt, pepper and parsley.

Optional: Good with small pieces of ham or bacon.

Ann Ashliman

SALADS

BEAN SALAD

- | | |
|---|---|
| 1 (#2) can green beans,
drained | 1/2 c. chopped green pepper |
| 1 (#2) can wax beans,
drained | 1/2 c. fresh onion rings (or
2 Tbsp. finely chopped) |
| 1 (#2) can red kidney
beans, drained | 3/4 c. sugar |
| 1 (#2) can garbanzo
beans, drained | 1/3 c. salad oil |
| | 2/3 c. vinegar |
| | 2 tsp. salt |
| | 1/2 tsp. pepper |

Shake sugar, oil, vinegar, salt and pepper in a jar until sugar is dissolved. Pour over beans and mix. Refrigerate overnight. Keeps days.

Judy Mortimer

CHICKEN SALAD

- | | |
|--|-------------------------|
| 8 chicken breasts | 1 c. celery |
| 1 (13 1/2 oz.) can
pineapple chunks,
drained | 1/2 c. slivered almonds |
| 1 can Mandarin oranges,
drained | 1/2 c. mayonnaise |

Bake chicken 1 hour at 350° with onion salt, parsley, salt and celery salt to season. Debone chicken and marinate 1 hour in 2 tablespoons vegetable oil, 2 tablespoons orange juice concentrate, 2 tablespoons vinegar, 1/2 teaspoon salt and dash marjoram; then drain, and to other ingredients, blend with mayonnaise.

Kathy Goddard

CHICKEN SALAD

- | | |
|-------------------------------|------------------------|
| 1 c. diced celery | 1 tsp. salt |
| 1 c. grated carrots | 3/4 c. whipping cream |
| 1/4 c. green onions | 1 c. mayonnaise |
| 2 c. diced, cooked
chicken | 2 c. chow mein noodles |

Mix first 5 ingredients together and chill. Just before serving, whip cream and blend with mayonnaise. Mix well with salad. Add noodles. Mix and serve.

Beverly King

DAI ICHI BRANCH SALAD

3 Tbsp. vinegar	5 c. <u>thinly</u> chopped cabbage
3 Tbsp. sugar	1/2 c. carrots, parsley or
2 Tbsp. salad oil	green onions
1 tsp. salt	Celery seeds (optional)

Mix vinegar, sugar, oil and salt until dissolved. Mix cabbage and other vegetables together. Pour the vinegar mixture over the cabbage just before serving and toss. Serves 6-8 portions.

Michi Matsumori

GREEN SALAD & DRESSING

In large bowl:

1 large head of lettuce, broken up	1 c. thinly sliced green onion
1 can water chestnuts, sliced	1 (10 oz.) pkg. frozen peas

Cover with:

2 c. mayonnaise	2 tsp. sugar
1/2 c. grated Parmesan cheese	1 tsp. seasoned salt

Spread to seal edges; cover with plastic wrap or foil and refrigerate for up to 24 hours.

Vickie Reading

MACARONI-SHRIMP SALAD

1 pkg. short elbow macaroni	Tomato
1 can shrimp	Cucumber

Green onion
Salt and pepper

Mayonnaise
Mustard

Dice vegetables; drain shrimp. Mix with macaroni. Season with salt and pepper to taste. Blend together, mayonnaise and mustard. Add to macaroni; toss; chill.

Pat Swenson

GRANDMA'S POTATO SALAD

4 eggs	1/2 c. water
4 Tbsp. sugar	4 Tbsp. mayonnaise
1 tsp. salt	1/2 pt. whipped cream,
1 1/2 Tbsp. flour	whipped
1 1/2 tsp. dry mustard	8-10 potatoes
1/2 c. vinegar	

Beat eggs; combine sugar, salt, flour, dry mustard. Mix water and vinegar; add dry ingredients to eggs alternately with vinegar-water. Cook until thick; stir constantly. Cool. Then add mayonnaise and whipped cream. Add potatoes, cubed. Hard-boiled eggs, pickles, onions, green peppers, etc. may be added for variety. Salt and pepper to taste.

Debbie VanOostendorp

7-LAYER SALAD

1 head lettuce, torn	1 onion, chopped
1 pkg. frozen peas	8 strips cooked bacon,
1/2 c. chopped green	crumbled
pepper	2 c. mayonnaise
1 c. celery, chopped	2 Tbsp. sugar
4 hard-boiled eggs	Cheddar cheese

Layer as written down. Frost as a cake with mayonnaise and sugar whipped together, then sprinkle with Cheddar cheese. Put in 9x13 inch pan. Refrigerate 8-12 hours.

Joyce Christensen

SEA FOOD SALAD

One loaf white bread	1 can crab
One medium onion	1 c. celery
4 to 6 hard-boiled eggs	3 c. mayonnaise
1 can shrimp	1 or 2 green onions (for color)

One loaf white bread -- decrusted, buttered and cubed; one medium onion, diced fine; 4 to 6 hard-boiled eggs -- set overnight in fridge in airtight container. One to 2 cans shrimp and crab meat, drained and rinsed, 1 cup chopped celery, 3 cups mayonnaise -- let stand in fridge, 3 to 4 hours.

Kathy Brewster

SHRIMP SALAD

2-3 c. small shell-roni	2 c. grated Cheddar cheese
Can shrimp	Mayonnaise
2 c. diced lettuce	Catsup

Cook macaroni; rinse and chill. Add rinsed shrimp, lettuce and cheese. Make a dressing of mayonnaise and catsup (enough to make a moist salad). Chill.

Ann Ashliman

SPINACH SALAD

2 c. lettuce	2 hard-boiled eggs, chopped
2 c. spinach	6 bacon slices, cooked and crumbled
1/2 c. finely diced celery	1/4 c. Blue cheese, crumbled
1 Tbsp. fined chopped onions	

Dressing:

1/3 c. bacon drippings	3 Tbsp. sugar
1/3 c. cider or wine vinegar	1/2 tsp. Worcestershire sauce

Tear lettuce and spinach into bite-size pieces. Combine all ingredients together and mix well. Just before serving, pour on dressing. Dressing should be heated until well blended, but not hot. Pour over salad and serve immediately. Serves: 6-8.

Margie Kline

SWEET & SOUR CARROT SALAD

#1:

2 lb. carrots	1 onion
1 green pepper	

#2:

1 (10 oz.) can tomato soup	1 tsp. salt
1/2 c. oil	1/2 tsp. pepper
3/4 c. vinegar	1 tsp. oregano leaves

Peel carrots, thinly slice and cook until tender crisp (10-15 minutes). Chop pepper and onion. Combine ingredients of side #2 in bowl. Add carrots, onion and pepper. Refrigerate overnight, stirring occasionally.

Liz Robins

TACO SALAD

1 head of lettuce	4 oz. grated cheese
2-3 large tomatoes	1 onion, finely chopped
1 lb. hamburger, browned	1 diced avocado
1 can kidney beans, drained	1 pkg. crushed Doritos
	1 pt. Thousand Island dressing

Mix chopped lettuce, tomatoes, onion, cheese, avocado. Add well drained, crumbled hamburger, drained beans and Doritos. Toss well. Mix dressing thoroughly.

Vicki Bollschweiler

TUNA SET SALAD

1 pkg. lemon jello	1/2 c. celery, chopped fine
1 can tuna, scald	1/2 c. walnuts, chopped fine
1 can chicken and rice soup (do not dilute)	1/2 c. whipping cream
1/2 c. boiling water	1/2 c. mayonnaise

Mix jello with 1/2 cup boiling water. Let cool. Whip cream and mix jello with 1/2 cup mayonnaise. Mix all other ingredients and let set. One recipe serves 8-10.

Jolene Pattison

LAYERED SALAD

Shredded lettuce	Frozen peas
Celery	1 c. mayonnaise
Spring onions	Parmesan cheese
1 can water chestnuts	

To a shallow dish, layer the following: first layer: shredded lettuce; second layer: sliced celery; third layer: sliced green onions; fourth layer: thinly sliced water chestnuts; fifth layer: frozen peas. Mix 1 cup mayonnaise and 1 tablespoon sugar. Spread this on top of salad and sprinkle with 3 tablespoons Parmesan cheese. It is best if refrigerated overnight.

Denise Christensen

RICE SALAD

1/2 c. rice	1 large tomato
1 cucumber	1 onion
1 green pepper	1 can shrimp

Mix all together with mayonnaise; cook rice until tender.

Susan Rice

BLUE CHEESE DRESSING

1 Tbsp. Worcestershire
sauce
2 c. sour cream
3/4 lb. Blue cheese,
crumbled (Gordon
zola)

1 pkg. cream cheese (8 oz.;
room temperature)
1 Tbsp. fresh lemon juice
1 tsp. garlic salt to taste
1 tsp. minced onion
1/2 tsp. seasoned pepper to
taste

Place all in mixing bowl; mix slowly with mixer; leave a bit lumpy; pour into covered container and let chill. Serve on whatever you want. Makes about a quart.

Carolyn Scharman (Gabby Gourmet)

GOOD FRENCH DRESSING

1 Tbsp. grated onion
(or little less if
dried, minced onion
is used)
1 tsp. dry mustard
1 tsp. salt
1 tsp. Worcestershire
sauce

1 shake (about 1/4 - 1/8 tsp.)
Tabasco sauce
1 can tomato soup
1 c. sugar (scant cup)
1/2 c. vinegar
1/4 c. salad oil

Put all ingredients in a jar and mix by stirring or shaking. Chill.

Gay Ann Clark

THOUSAND ISLAND DRESSING

1 c. mayonnaise
1/4 c. chili sauce
2 hard-boiled eggs,
chopped
2 Tbsp. green pepper,
chopped

2 Tbsp. celery, chopped
1 1/2 Tbsp. onion, finely
chopped
1 tsp. paprika
1/2 tsp. salt

Mix together. Makes 2 cups.

Christy Watts

BLUEBERRY SALAD

1 double pkg. raspberry jello	1 can blueberries and juice
2 c. hot water, boiling	1 can crushed pineapple and juice
	1/2 pt. cream

Dissolve jello in boiling water. Add 1 can blueberries and juice and 1 can crushed pineapple and juice. Whip cream and fold into jello mixture and refrigerate until set. (The cream will rise to the top and makes a yummy jello salad.)

Carolyn Curtis

FRUIT SALAD

1 can fruit cocktail, drained	1 or 2 c. marshmallows
Sliced bananas	Coconut
Diced apples	1/2 pt. sour cream or Dream
1 can chunk pineapple, drained	Whip

Blend all ingredients together at least 2 hours before using.

Mary Woodland

FRUIT & CREAM CHEESE SALAD

1 (16 oz.) can fruit cocktail in juice	2 c. boiling water
1 (16 oz.) pkg. strawberry flavor jello	2 (3 oz. each) pkg. cream cheese, softened
	1/4 tsp. cinnamon

Drain fruit cocktail, reserving juice. Add water to juice to make 1 cup. Dissolve gelatin in boiling water. Add measured liquid. Measure 2 1/4 cups of the mixture and chill until thickened. Blend remaining gelatin slowly into cream cheese; add cinnamon, beating until smooth; set aside. Add fruit cocktail to thickened gelatin and pour into 6-cup fluted tube pan. Chill until set, but not firm, about 15 minutes. Top with cream cheese -- gelatin mixture. Chill until firm about 3 hours; unmold. Makes about 5 1/3 cups or 10 servings.

February's Luncheon

HEARTY FRUIT SALAD

- | | |
|--|---|
| 1 can pineapple chunks,
drained | 1 c. raisins |
| 2 cans Mandarin
oranges, drained | 1 c. walnuts |
| 2 apples, chopped | 1/2 c. oatmeal |
| 2 bananas, sliced | 1 to 1 1/2 c. plain or flavored
yogurt |
| 1 small bottle maraschino
cherries, drained | Sugar to taste |

Combine all ingredients in large bowl. Fold in yogurt; add sugar to taste. Chill for at least 4 hours or overnight. Time for flavors to blend. Fruits may be varied according to season.

Sheri Young

LEMON JELLO SALAD

- | | |
|------------------------------------|----------------------------------|
| 2 (3 oz.) pkg. lemon
Jell-O | 3 bananas, cubed |
| 3 c. hot water | 1 c. pineapple juice |
| 12 large marshmallows | 1 beaten egg |
| 1 c. drained, crushed
pineapple | 1/2 c. sugar |
| | 1 Tbsp. flour |
| | 3/4 c. whipped cream,
whipped |

Combine lemon Jell-O and hot water until dissolved, then add marshmallows, pineapple, bananas. Let set. Heat pineapple juice in pan and add beaten egg, sugar and flour. Cook until it thickens. Cool. Then add whipped cream. Spread on top of Jell-O and sprinkle grated sharp Cheddar cheese on top.

Lois Salmon

LEMON PIE SALAD

- | | |
|---------------------------------|---|
| 1 pkg. lemon pudding
mix | 1 can drained Mandarin
oranges or any fruit (I used
drained, canned peaches;
2 bananas, cubed) |
| 1 can drained fruit
cocktail | |
| 1 c. small marshmallows | |

Cook pudding as directed. While still hot, fold in marshmallows. When cool, add 1/2 pint whipped cream and chill until firm. Before serving, add bananas. I add more bananas. It adds to flavor if served the day after when bananas are added.

Nina H. Braithwaite

LEMON WALDORF SALAD

2 (3 oz.) or 1 (6 oz.) lemon jello	3/4 c. golden raisins
2 c. hot water	3/4 c. chopped apple, unpeeled
1 c. cold water	3/4 c. broken nut meat (walnuts)
3/4 c. celery, diced small	

Put hot water over jello; stir until dissolved. Add cold water and let chill until almost set. Place raisins into a pan of boiling water; turn heat off and let steam until plump. Add celery, apples, drained raisins and nut meats to jello. Pour into mold; cover and chill until firm.

Sue Davis

MILLION DOLLAR SALAD

1 (8 oz.) pkg. cream cheese	1 large can crushed, drained pineapple
2 Tbsp. sugar	1 pkg. mini marshmallows
1 Tbsp. salad dressing	1 pkg. topping or whipped cream
1 c. cooked rice	1 c. nuts
12 large maraschino cherries	1/2 c. coconut

Blend cheese, sugar, whipped cream and salad dressing until smooth. Add cherries, pineapple, rice, marshmallows, nuts and coconut. Chill before serving.

Debbie VanOostendorp

ORANGE-PINEAPPLE SALAD

1 large orange jello
1 can crushed
pineapple

1 pkg. instant vanilla pudding
1 regular-size Cool Whip
Cheddar cheese

Prepare orange jello as usual; stir in pineapple and chill overnight. Prepare pudding and spread over jello. Spread Cool Whip over pudding and sprinkle salad with cheese; serve chilled.

LuDean Jensen

POPSICLE SALAD

1 pkg. instant lemon
pudding
1 pt. frozen dessert
topping, thawed
1/4 c. salad dressing
(Miracle Whip)

2 Tbsp. lemon juice
2 c. fruit cocktail, drained
1 c. miniature
marshmallows

Prepare pudding according to directions on package. Blend in dessert topping, salad dressing and lemon juice. Fold in fruit cocktail and marshmallows. Pour into 9x13 inch pan and freeze.

Lori Chivers

PUDDING FRUIT SALAD

1 large pkg. lemon pie
and pudding mix (not
instant)
2 egg yolks
1/2 c. sugar
2 c. water
2 Tbsp. sugar

2 egg whites
1 can fruit cocktail, drained
1 can pineapple tidbits,
drained
Bananas, sliced
1/2 pt. whipped cream

In saucepan, combine lemon pudding mix, egg yolks, 1/2 cup sugar, water. Cook, stirring until thick; cool. Whip egg whites with 2 tablespoons sugar until stiff; add to cooled pudding mixture with drained fruit. Fold in whipped cream. Chill well before serving.

Carol Johnson

RASPBERRY JELLO SALAD

- | | |
|--------------------------------------|---|
| 1 (6 oz.) raspberry
Jell-O | 2 bananas, mashed |
| 2 c. boiling water | 1 can crushed pineapple (with
juice) |
| 1/2 c. cold water | 1/2 pt. sour cream |
| 1 pkg. frozen raspberries,
thawed | |

Dissolve Jell-O in boiling water. Add remaining ingredients. Pour 1/2 of Jell-O mixture into a 9x9 inch dish and let set until firm. (Set remaining Jell-O aside at room temperature.) When Jell-O is set, spread sour cream over top. Pour remaining Jell-O in and let set.

Nola VanderLinden

RIBBON SALAD

- | | |
|-------------------------------|-------------------------|
| 1 pkg. lime jello | 1 can crushed pineapple |
| 1 pkg. lemon jello | 1 small cream cheese |
| 1 pkg. raspberry jello | 1/2 c. mayonnaise |
| 1/2 lb. salad
marshmallows | 1 c. whipping cream |

1. Make lime jello as directions; put in 9x13 inch pan; let set. 2. Take lemon jello; mix with 1 cup hot water; dissolve; mix in marshmallows; stir till dissolved; set aside. Blend small cream cheese and 1/2 cup mayonnaise; add 1 cup crushed pineapple. Add to jello mixture; fold in 1 cup of whipped cream. Place on top of set lime jello. Set in fridge until firm, about 20 minutes. Set raspberry; 1 cup hot water, 3/4 cup cold; put over middle layer; chill till firm, 3 hours.

Carolyn Scharman

7-UP LEMON SALAD

Salad:

- | | |
|--|------------------------|
| 2 (3 oz.) pkg. jello
(lemon flavored) | 2 c. chilled 7-Up |
| 2 c. boiling water | 2 large diced bananas |
| | 2 c. mini marshmallows |

1 (8 1/2 oz.) can
crushed pineapple,
drained

1/4 c. grated cheese

Topping:

1/2 c. sugar
1 c. pineapple juice
2 Tbsp. flour

1 egg, slightly beaten
1 c. whipped cream
2 Tbsp. butter

Dissolve jello in hot water and add 7-Up. Chill to partly set. Add bananas, marshmallows and pineapple. Chill to firm set. Make topping by mixing sugar, juice, flour and egg and cooking together until thick (custard-like). Add butter and stir until melted. Cool and fold in whipped cream. Spread on top and garnish with grated cheese.

Shauna Maughan

VEGETABLES

BAKED BEANS

1/2 c. brown sugar
1 tsp. prepared
mustard
1 green pepper, finely
chopped

1 small onion, finely chopped
1/3 lb. bacon
1 can pork & beans

Mix all ingredients together in crock-pot. Cook on low all day (oven, 325°, 1 1/2 - 2 hours).

Carol Cazier

BAKED BEANS

2 small cans pork &
beans
1/2 lb. bacon
1/2 c. green peppers

1 Tbsp. soy sauce
1/2 c. brown sugar
1/4 c. chopped onion
1 c. catsup

Brown bacon, green peppers and onions and put into a large baking dish. Add other ingredients and stir until blended. Bake at 250° for 3 hours.

Colleen Dibb

BAKED BEANS

2 c. dried beans	1 tsp. salt
1/4 lb. salt pork	1 tsp. dry mustard
1/4 c. brown sugar	3 Tbsp. molasses

Wash and sort beans; add 1 1/2 quarts cold water and bring to boiling; simmer 2 minutes; remove from heat; cover and allow to stand 1 hour; add salt pork; return to heat and simmer, covered, until beans are tender, about 1 hour; drain, reserving 2 cups liquid. To liquid, add sugar, salt, mustard and molasses. Alternate beans and pork in casserole; add sugar mixture. Cover and bake at 300° for 5 or 6 hours. If necessary, add more water during cooking. Makes eight servings.

Mavis Hardman

EASY BAKED BEANS

1 large can pork & beans	1 c. ketchup
6 slices bacon, fried and drained	2 Tbsp. brown sugar
1/2 medium-size green pepper, chopped	1 tsp. dry mustard
1/2 onion, chopped	3 Tbsp. molasses
	Barbeque sauce to taste

Combine all ingredients in crock-pot or Dutch oven until onion and pepper are tender.

Bonnie Kingsley

BUTTER-BAKED LIMAS

2 c. dried lima beans	1/2 c. honey
8 c. water	1/4 c. butter
1 Tbsp. vegetable oil	Good dash onion salt
2 tsp. salt	

Sort and rinse beans; do not soak. In a 4-quart pot, combine rinsed beans, water, oil and salt. Bring to a boil; reduce heat. Cover and simmer until beans are tender, 1 to 1 1/2 hours, checking several times. Add hot water as needed to keep beans just covered while cooking. Drain, reserving 1 cup cooking liquid. Put beans, reserved liquid, honey, butter and onion in a 2-quart casserole. Cover and bake 1/2 hour at 300° oven.

Jeanene Reid

PICKLED BEETS

Wash beets and leave 1 inch of stem and root. Cook whole beets for 1 - 1 1/2 hours in large kettle. (Save juice.) Place hot beets in cold water and set aside. Make brine:

4 c. beet juice	3 tsp. non-iodized salt
2 c. vinegar	3 tsp. sugar

Cook over medium-high flame until salt and sugar are dissolved. Yield: 6 pints of brine. Peel beets, cut up and place in brine. Bring to a boil and place in bottles. Seal jars.

Helpful hint: By thickening the juice from these beets with cornstarch and heating the beets in the formed glaze, you have yummy harvard beets in minutes!

Shauna Maughan

GLAZED CARROTS

6 medium carrots	2 Tbsp. butter
1/2 c. sugar	

Cut carrots lengthwise. Cook in enough water to cover; drain and reserve liquid. Heat sugar, butter and reserved liquid in skillet. Add carrots and boil 8 to 10 minutes until glazed. Serves 4 to 6.

Laurie Bosh

CREAMED CAULIFLOWER

1 head cauliflower	1/2 tsp. salt
1/4 c. margarine	1/8 tsp. pepper
1/4 c. flour	2 c. milk
	Velveeta cheese

Cook cauliflower till tender; drain. Make white sauce by melting margarine in saucepan. Remove from heat. Add flour, salt and pepper; stir till smooth. Add milk, a small amount at a time, stirring after each addition. Return to heat. Bring to boiling, stirring constantly, till thickened. Add Velveeta to taste, letting cheese melt in white sauce. Put cooked cauliflower in sauce. Also good with broccoli.

Dana Tye

GREEN BEANS WITH CHEESE SAUCE

1 Tbsp. butter	1/2 c. sour cream
1 Tbsp. flour	2 (1 lb. each) cans French
1/2 tsp. salt	cut green beans, drained
1/2 tsp. sugar	1 1/2 c. Swiss cheese, grated
1/8 tsp. pepper	1/3 c. corn flakes crumbs
1/4 c. milk	1 Tbsp. butter, melted
1/2 tsp. onion, grated	

In a small pan, blend butter, flour, salt, pepper and sugar, stirring until bubbling. Add milk; remove from heat and stir in onion and sour cream. Combine sauce with green beans and cheese. Place in a dish. Set aside. Mix the corn flakes crumbs with the melted butter and spread on top of beans. Bake, uncovered, at 400° for 20 minutes. Yield: 6 servings.

Cherie Green

FRENCH FRIED ONIONS

1 c. flour	1 Tbsp. salad oil
1 tsp. baking powder	4 large, firm yellow onions
1/4 tsp. salt	Oil for French frying (about
1 egg, well beaten	2 inches in electric frying
1 c. milk	pan)

For batter: Mix dry ingredients. Then add liquids; beat until batter is smooth. Peel onions and then slice 1/4 inch thick and divide into rings. Dip rings in batter and fry in hot oil about 2 minutes. Turn once to brown on both sides. Drain on paper towels and salt. (The oil is hot enough to fry when a little drop of batter sizzles and browns when dropped in.)

AU GRATIN POTATOES

8 medium potatoes,	2 c. milk
cooled, cooked and	1/2 lb. Velveeta cheese
cubed	1 medium onion, cut fine
1 1/4 cubes margarine	1 Tbsp. dry parsley
3 Tbsp. flour	Crushed potato chips

Cook, cool and cube potatoes. Make a white sauce with margarine, flour and milk. Add Velveeta cheese and onion and parsley to white sauce. Place potatoes in a 13x9 inch pan. Pour sauce over potatoes. Top with crushed potato chips. Bake at 325° for 30 minutes.

Kathie Cutler

AU GRATIN POTATOES

Grate in 9x13 inch pan; salt and pepper 5 medium size potatoes. Mix and heat together; pour over potatoes:

1 can cream of chicken	1 c. grated sharp cheese
soup	1/4 c. grated onion
1 c. sour cream	1/2 sq. butter or margarine

Top with corn flakes crumbs and 2 tablespoons butter. Bake at 350°, 30 minutes. Do not cover.

Evelyn Monson

POTATOES AU GRATIN

6 large potatoes	1 pt. sour cream
1 can cream of chicken	1/2 c. grated Cheddar cheese
soup	

Topping:

1 c. crushed corn flakes 1/4 c. butter

Bake 1/2 hour at 350°. Boil potatoes until soft. Cool and peel skins off. Cut potatoes into small, bite-sized pieces. Mix remaining ingredients together and blend until smooth. Pour over potatoes in a casserole dish. Salt and pepper to taste. Melt butter and crush cereal; mix together and sprinkle on top of potatoes.

Shauna Maughan

POTATOES RANCHERO

1/4 c. margarine	3/4 c. chopped green onions
1/4 c. flour	8 oz. cubed cheese
2 c. milk	6 c. diced, cooked potatoes
1 tsp. salt	1 green pepper, diced

Make cream sauce with margarine, flour, milk and seasonings. Add onions and cheese; stir until cheese is melted. Add layers of potatoes and cheese sauce in a 12x8 inch baking dish. Garnish with green pepper. Bake at 350° for 25 minutes.

Carol Johnson

SPECIAL POTATOES

6 potatoes	2 Tbsp. butter
1 can cream of chicken soup	1 c. grated Cheddar cheese
1 pt. sour cream	1/2 c. chopped green onions

Partially boil potatoes, then grate potatoes into casserole dish. Mix over low heat until blended: soup, sour cream, butter, cheese and onions. Pour mixture onto potatoes and blend. Bake at 350° for 1/2 hour.

Variation: Top with crouton or corn flakes crumbs -- Debra Sourlos.

Bonnie Kingsley, Debra Sourlos

VEGETABLE CASSEROLE

2 lb. fresh, raw or
frozen green beans

1 c. sliced water
chestnuts

1 c. sliced bamboo
shoots, drained

2 cans mushroom or celery
soup

1 medium white onion

2 oz. Parmesan cheese

Salt and pepper

1 can French fried onions

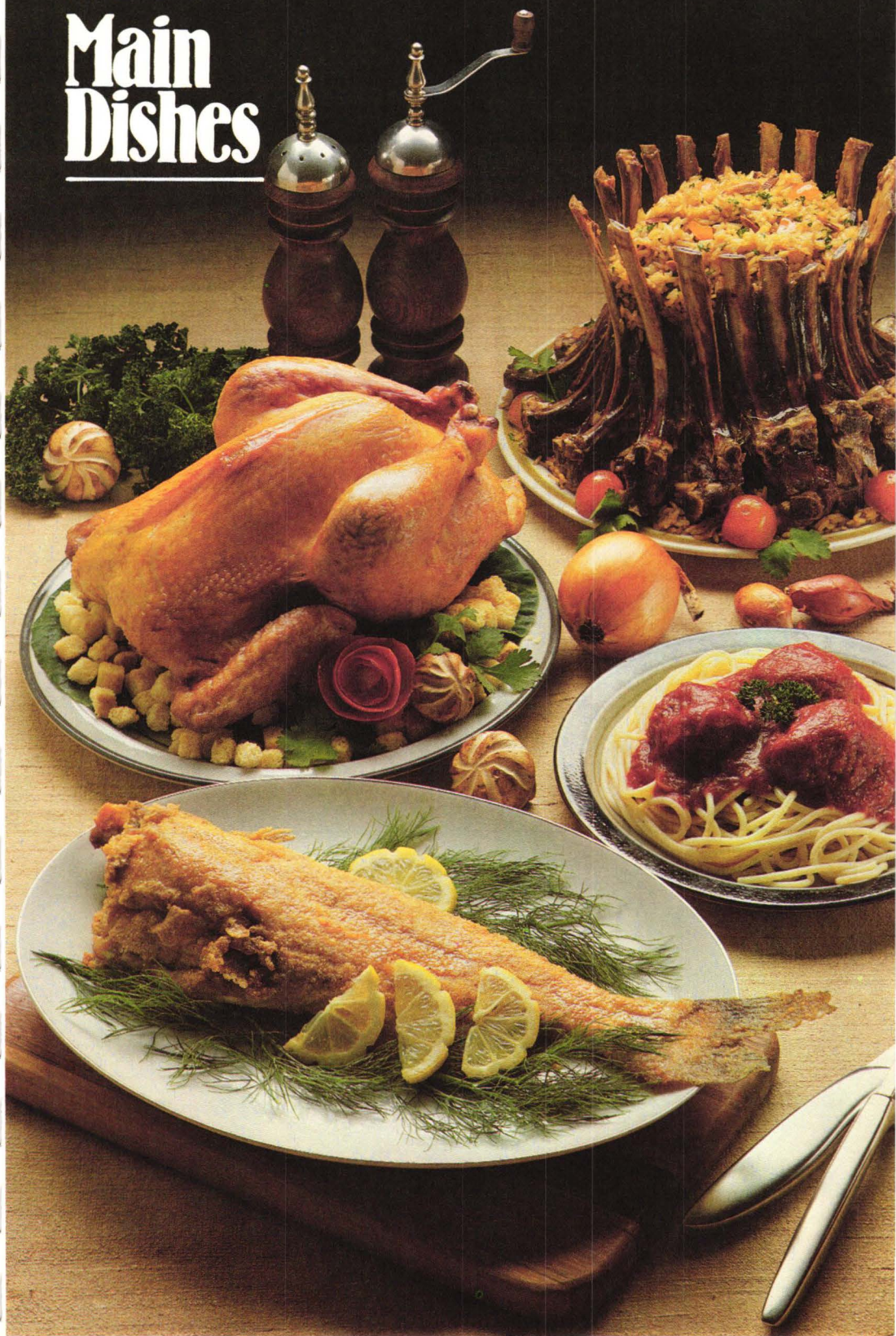
Chop onion and saute till tender. Layer all ingredients except French fried onions in buttered baking dish starting with green beans -- twice. Bake 25 minutes at 400°. Remove from oven and sprinkle with French fried onions. Bake 5-10 minutes more. 6-8 servings.

Dana Tye

** NOTES **

** NOTES **

Main Dishes



MEAT ROASTING GUIDE

Cut	Weight in Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing Rib Roast ¹ (10-inch ribs)	4	1¾ 2 2½	140° (rare) 160° (medium) 170° (well done)
¹ If using shorter cut (8-inch) ribs, allow 30 min. longer	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled Ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3¼ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump ²	5	2¼ 3 3¼	140° (rare) 160° (medium) 170° (well done)
Sirloin tip ² ² Roast only if high quality. Otherwise, braise.	3	1½ 2 2¼	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lbs.	325°	2½ to 3 hrs.
	8 to 12 lbs.	325°	3 to 3½ hrs.
	12 to 16 lbs.	325°	3½ to 4 hrs.
	16 to 20 lbs.	325°	4 to 4½ hrs.
	20 to 24 lbs.	300°	5 to 6 hrs.
CHICKEN (Unstuffed)	2 to 2½ lbs.	400°	1 to 1½ hrs.
	2½ to 4 lbs.	400°	1½ to 2½ hrs.
	4 to 8 lbs.	325°	3 to 5 hrs.
DUCK (Unstuffed)	3 to 5 lbs.	325°	2½ to 3 hrs.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

BEEF

SEASONING FOR PRIME RIB OR BEEF ROAST

5 parts salt	1/2 part garlic powder (not
5 parts savory salt	garlic salt)
(or flavor all)	1/4 part Accent
1 part coarse ground	1/2 part Bon Appetit
black pepper	

Mix well together. Sprinkle a little seasoning on the meat and gently rub into the meat till roast is completely covered. Depending on the size of roast, cook at least 1 hour at 250°, when roast is thawed. Then turn oven to 160° and cook till done, which will take several hours and either plan to cook it all night or all day, depending at what time of the day you plan to eat. When cooking a prime rib, I cook it in an open pan rather than a covered roaster. When one side is brown, turn roast over.

Ann Hurst

SALT PACK

5 parts salt	1/2 part garlic powder
5 parts season-all	1/4 part Accent seasoning
salt	1/4 part Kitchen Bouquet
1 part pepper	

Moisten all dry ingredients with Kitchen Bouquet. Rub all over any cut of meat you desire. Cover with foil; cook in oven at 325° for 1 hour. Turn down to 175° for at least 4 hours more. Thicken juice for best gravy ever.

Sheri Young

TERIYAKI/BARBEQUE SAUCE*

(*Marinade for chicken, beef and fish.)

1 c. La Choy soy sauce	2/3 c. sugar
1 c. water	3 cloves minced garlic

2 Tbsp. sesame oil
3 Tbsp. sesame seed

3 stalks green onion,
chopped

Mix all ingredients in a large bowl or pan. Marinate meat in sauce overnight, turning once so sauce is absorbed into meat. Good for chicken -- all cuts; beef-steaks, ribs, fish.

Grace Kemp

LONDON BROIL MARINADE

1 tsp. salt
1/2 tsp. pepper
1/4 tsp. basil
1/4 tsp. rosemary
1 clove garlic

1/2 onion, chopped
1 Tbsp. wine vinegar
2 Tbsp. salad oil
1 flank steak

Blend all ingredients except flank steak in blender until smooth. Score flank steak on both sides, 1/4 inch deep. Spread marinade on both sides and let stand, 3-4 hours. Broil 3 inches from heat until done (turning once, leaving middle pink). Slice diagonally in very thin slices. Pour juice over meat. Serve immediately.

Liz Robins

BEEF OR DEER JERKY

1 1/2 lb. flank steak
1 tsp. salt
1 tsp. liquid smoke
1/3 tsp. garlic powder

1/3 tsp. ground pepper
1 tsp. onion powder
1/4 c. soy sauce
1/4 c. Worcestershire sauce

1. Slice flank steak in thick slices, diagonally across the grain. 2. Marinate seasoning mixture and choice of meat overnight in refrigerator. 3. To bake: place slices of meat on two (10x15x1 inch) jelly roll pans. Place in pre-heated oven, very low at 200°F. for 8-12 hours, turning meat several times. 4. To dry: hang outside or in basement away from animals on string in cool, airy place to dry. 5. Store in plastic bags in refrigerator or freezer. Makes 3/4 pound.

Diane Rissinger

BEEF AND PORK K-BOBS

6-8 medium pork steaks	2 cans cream of mushroom
1 medium round steak	soup
1 box saltine crackers,	1 soup can milk
crushed	25-30 wooden meat skewers

Cut pork and round steak into 1 inch bite-sized, square pieces. Place five pieces on each skewer, alternating beef and pork on each skewer. Dip meat K-bob in eggs, then in cracker crumbs. Repeat egg and cracker crumb process and place in a hot, greased skillet. Brown each K-bob well and place in a greased dripper pan. When pan is full, blend soups and milk well and pour over meat. Bake at 325° for 75 minutes. Yield: 20-25 K-bobs.

Shauna Maughan

BEEF ROLL OR BEEF STICK

5 lb. regular (fatty)	2 Tbsp. liquid smoke
hamburger	1 tsp. garlic powder
1/4 c. Morton's	2 tsp. ground peppercorns
curing salt	

Mix hamburger and curing salt together; cover tightly and set in fridge overnight (meat will go brown). Mix together meat and remaining ingredients. Divide mixture into 5 equal portions and roll into long, thin rolls (about 2 1/2 inches in diameter). Place on broiler pan and bake at 225° for 4 hours. Remove; cool and wrap in Saran. Refrigerate.

Shauna Maughan

BEEF STROGANOFF

1 lb. round steak,	1/2 tsp. salt
cubed	1/8 tsp. ground pepper
1/4 c. flour	1/4 tsp. Tabasco sauce
4 Tbsp. shortening	1 pkg. rice or spaghetti
1/2 c. green pepper	1 (6 oz.) can mushrooms
1/2 c. chopped onion	1 c. sour cream
1 clove garlic, minced	Parmesan cheese
1 can cream of tomato	
soup	

Cut meat in 3/4 inch cubes and dredge with flour, seasoned with salt and pepper. Brown meat in hot shortening. Add onions, mushrooms and garlic. Combine cream of tomato soup, sour cream, sauce and green pepper. Pour over meat; cover. Put in slow oven to simmer until meat is tender. Won't hurt to cook 3-4 hours. When ready to serve, put meat mixture over spaghetti or rice. Sprinkle with cheese.

Carolyn Scharman

ALUMINUM FOIL SUPREME

Aluminum foil
Meat
Cheese

Vegetables
Butter

Cut enough large foil squares for each person the meal will feed. Put a serving of raw meat (hamburger is good; steak is fantastic) on top of each. Next put a slice of cheese (any kind) on top of the meat. Pile vegetables on top of the cheese. One way to do it is with a layer of mushrooms, topped by a broccoli spear and a handful of corn, carrots or peas. Crown the pile with a pat of butter. Seal and cook 45 minutes to an hour at 375°.

Mary Horne

BAKED BEANS

1 can lima beans
1 can kidney beans
1 large can pork & beans
1/2 lb. ground beef
1/2 lb. bacon

Diced onion (1 c.)
Dried mustard
Catsup
Brown sugar

Brown beef, bacon and onions. Combine beans in bean pot. Add meat. Add mustard, catsup and brown sugar to taste. Cook 7 to 8 hours.

Martha Hadden

BEAN CASSEROLE

1 lb. lean hamburger	1 (15 oz.) can tomato sauce
1 green pepper	1 medium onion
1 can kidney beans	1 can butter beans
1 can diced carrots	6 slices bacon

Brown hamburger, onion and pepper; add everything else. A small amount of brown sugar can be added if desired. Crumble bacon on top. Bake 1 hour at 350°.

Ann Hurst

BEEF PORK AND BEANS

1 lb. hamburger	1 tsp. chili powder
1/4 c. chopped onion	1/3 c. chopped green pepper
2 Tbsp. fat	2 c. canned tomatoes
1 1/4 tsp. salt	1 lb. can pork & beans
1/2 tsp. pepper	

Brown ground beef and onions in fat. Add seasonings, green pepper and tomatoes. Simmer, covered for 20 minutes. Add pork and beans and simmer another 10 minutes, uncovered.

Wendy Kelson

CROCK-POT BEANS

1/2 to 1 lb. ground beef	1 can (1 lb.) white beans, drained
1/2 to 1 lb. sausage	
1 c. chopped onion	1 c. ketchup
2 cans (1 lb. 15 oz. size) pork & beans	1/4 c. brown sugar
1 can (1 lb.) kidney beans, drained	1 Tbsp. liquid smoke
	3 Tbsp. white vinegar
	1 tsp. salt
	Dash of pepper

Brown ground beef, sausage and onions in skillet; drain off fat. Add ground beef, sausage, onions and remaining ingredients to crock-pot. Stir together well. Cover and cook on low 4 to 6 hours.

Sheri Young

DRIED BEEF & POTATOES

- | | |
|---|-----------------------------------|
| 2 (2 1/2 oz.) jars dried
beef, shredded | 1/2 c. shredded Cheddar
cheese |
| 1 Tbsp. margarine | 2 green onions, sliced (1/4 c.) |
| 1 (13 oz.) can evaporated
milk | 1/4 tsp. dry mustard |
| 1 (8 1/2 oz.) can water
chestnuts, drained and
sliced | 5 hot baked potatoes |
| | 2 Tbsp. shredded cheese |

Cook and stir dried beef in margarine in a skillet until butter is absorbed. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chestnuts, 1/2 cup cheese, onions and dry mustard. Heat until hot. Split potatoes lengthwise; fluff with fork. Top potatoes with creamed mixture. Sprinkle with extra cheese. Serves 5.

Pat Swenson

GREEK SHISHKABOBS

- | | |
|------------------------|------------------------|
| 20 (2 inch) beef cubes | 3 cloves garlic |
| 20 (2 inch) pork cubes | 2 tsp. oregano |
| 8 wooden skewers | Juice of 1 large lemon |
| 1 1/2 c. vegetable oil | |

Alternate cubes of beef and pork on skewers; put five on each one. Short wooden skewers can be purchased from the butcher. Any skewer will work fine, however. Place in marinating dish. In blender, combine oil, garlic, oregano and lemon. Blend together and pour over meat; marinate in covered container in fridge overnight. Turn occasionally. Barbeque until meat is done as desired. Salt and pepper. Other meats may be used, such as venison or lamb. You may also add vegetables after meat is marinated, then cook together.

Jackie Taylor

GROUND BEEF PIE

- | | |
|-------------------------------|------------------------------|
| Pie crust mix for 2
crusts | 2 Tbsp. shortening |
| 1/2 c. grated sharp
cheese | 1 onion, chopped |
| | 1/2 c. green pepper, chopped |
| | 2 stalks celery, chopped |

1 lb. ground beef
1 (3 oz.) can mushrooms,
drained
1 can tomato soup

1 Tbsp. mustard
1/4 c. catsup
1/2 tsp. salt
1/4 tsp. pepper

Make pie crust and after rolling out, cover with grated cheese and roll in. Line 9 inch pie pan with one crust. Saute onion, celery and pepper in shortening. Add meat, breaking into bits. Add remaining ingredients and mix well. Fill crust with mixture. Cover with top crust; press to lower crust with fork. Prick top for escaping steam. Bake 25-30 minutes at 425°.

Dana Tye

HAMBURGER CORN BAKE

1 1/2 lb. ground beef
1 c. chopped onion
1 (12 oz.) can whole
kernel corn, drained
1 (10 1/2 oz.) can
condensed cream of
chicken soup
1 (10 1/2 oz.) can
condensed cream of
mushroom soup

1 c. sour cream
1/4 c. chopped pimiento
3/4 tsp. salt
1/4 tsp. pepper
6 oz. (3 c.) medium noodles
1 c. soft bread crumbs
2 Tbsp. melted butter

In large skillet, cook ground beef and onion till meat is lightly browned and onion is tender. Stir in corn, soups, sour cream, pimiento, salt and pepper. Mix well. Stir in noodles, cooked and drained. Turn mixture into 2 1/2 quart casserole. Combine bread crumbs and butter; sprinkle atop. Bake at 350° for 45 minutes, or till hot. Makes 8-10 servings.

Christy Watts

HAMBURGER STROGANOFF

1 1/2 lb. ground beef
1/2 c. chopped onion
1 (6 oz.) can mushrooms
1 clove garlic, minced
1 can tomato soup

1/2 pt. sour cream
1 Tbsp. Worcestershire sauce
1/4 tsp. Tabasco sauce
1/2 c. diced green pepper

Saute ground beef until slightly browned. Season with salt, pepper. Add onions, mushrooms, garlic. Combine remaining ingredients and pour over meat. Stir well so all ingredients are blended. Cover and simmer for 45 minutes. Excellent over steamed rice, spaghetti or omelet.

Melva Ashby

HAMBURGERS HAWAIIAN

Patties:

2/3 c. evaporated milk	1 tsp. seasoning salt
1/2 c. chopped onion	1 1/2 lb. hamburger
2/3 c. chopped crackers	

Sauce:

1 c. pineapple juice	1/4 c. brown sugar
2 Tbsp. cornstarch	2 Tbsp. soy sauce
1/4 c. vinegar	Canned pineapple chunks

Mix the first 5 ingredient for hamburger patties. Mold into small patties and fry until brown on both sides. Meanwhile, combine all the sauce ingredients and cook over medium heat, stirring, until clear and thick. Pour sauce over cooked patties and add pineapple chunks. Cook on low for about 10 minutes. Good served with rice.

Gay Ann Clark

HERO BURGERS

1/2 lb. ground beef	1/2 can tomato soup
2 Tbsp. chopped onions	1 tsp. mustard
1 tsp. Worcestershire sauce	1/2 tsp. horseradish
1/2 tsp. salt	1/2 loaf French bread

Mix all ingredients together. Simmer for about 15 minutes. Spoon mixture onto 1/2 loaf French bread. Sprinkle with grated cheese and broil till cheese melts. Cut into individual servings. Can double for bigger meals.

Karen Milkovich

LEAN BEEF ROLLS

1 lb. lean ground beef	3 tsp. baking powder
1 envelope onion soup mix	1/2 tsp. salt
2/3 c. tomato juice	1/2 c. shortening or 1 cube margarine
2 c. sifted flour	2/3 - 3/4 c. milk

Mix first 3 ingredients together. Set aside. In separate bowl, mix remaining ingredients. Roll out into an oblong circle on cutting board. Spread hamburger mixture over dough and roll into roll. Cut 1/2 inch apart. Set on cookie sheet and bake at 375° until brown or about 30 minutes.

Sauce:

1 large can vegetable soup	1/2 can evaporated milk
	1/2 c. milk

Heat together; do not boil. Remove from stove and serve over rolls.

Pat Swenson

DAD'S SWEDISH MEATBALLS

1 Tbsp. sage	2 eggs
1 tsp. salt	4-6 slices bread
1/4 tsp. nutmeg	1 lb. ground beef
1/2 tsp. cinnamon	A little milk
1 medium onion	

In mixing bowl, crumb bread. Crush sage and salt together in your hand and add to bread. Add nutmeg, cinnamon, diced onion, eggs to mixture. Mix with hands; add enough milk to make bread mixture loose; mix in ground beef. Make small balls and brown good in skillet with shortening. When they are a nice dark brown color, add a little water and simmer about 20 minutes.

After removing meatballs, thicken and make milk gravy on drippings in pan.

Vickie Reading

WAIKIKI MEATBALLS

1 1/2 lb. ground beef	2 Tbsp. cornstarch
2/3 c. cracker crumbs	1/2 c. brown sugar (packed)
1/3 c. minced onions	1 (13 oz.) can pineapple tidbits, drained (reserve syrup)
1 egg	1/3 c. vinegar
1 1/2 tsp. salt	1 Tbsp. soy sauce
1/4 tsp. ginger	1/3 c. chopped green pepper
1/4 c. milk	
1 Tbsp. shortening	

Mix meat, crumbs, onion, egg, salt, ginger and milk. Shape mixture by rounded tablespoonfuls into balls. Melt shortening in large skillet; brown and cook meatballs. Remove meatballs; keep warm. Pour fat from skillet. Mix cornstarch and sugar. Stir in reserved pineapple syrup, vinegar and soy sauce until smooth. Pour into skillet; cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Add meatballs, pineapple tidbits and green pepper; heat through. Serve over rice. Yield: 6 servings.

Pat Swenson

ANN'S MEAT LOAF

1 lb. ground beef	1/4 c. finely chopped onions
3/4 c. uncooked oats	1 beaten egg
1 1/2 tsp. salt	1/2 can tomato soup
1/4 tsp. pepper	

Topping:

1/2 can tomato soup	1 heaping Tbsp. brown sugar
1 Tbsp. lemon juice	

Line a bread tin with foil. Combine first seven ingredients and form into loaf in foil-lined bread tin. Combine topping ingredients and spread over meat loaf. Bake at 350° for approximately 1 hour. Carefully drain grease from meat loaf when done. Foil aids in clean-up.

Ann Greenhalgh

LION HOUSE MEAT LOAF

2 lb. lean beef
1 tsp. salt

3 eggs, beaten
3/4 c. dry bread crumbs

Sauce:

1/2 c. chopped onion
2 Tbsp. shortening
1 (10 1/2 oz.) tomato
soup

1 tsp. Worcestershire sauce
1/4 c. water

Mix ingredients together. Bake at 350° for 1 1/2 hours; stand about 10 minutes.

Suzanne Olsen

MEAT-LA PIE

1 lb. ground beef
2/3 c. evaporated milk
(small can)
1/2 c. dry bread
crumbs
1 tsp. garlic salt

1 can tomato paste
1 (2 oz.) can mushrooms
1 c. sharp cheese, grated
1/2 tsp. oregano
2 Tbsp. Parmesan cheese

Mix meat, milk, bread crumbs, garlic salt and oregano. Press into pie pan, lining sides and having thicker across bottom; spread with tomato paste; sprinkle with drained mushrooms, then cover with grated cheese, then a little sprinkle of oregano, then the two tablespoons of Parmesan cheese. Bake at 375°, 30 or 35 minutes. Bake in an 8 or 9 inch pan. Will serve 5 or 6.

Mavis Hardman

STUFFED MEATLOAF

1 1/2 lb. ground beef
1/2 lb. pork
4 slices bread (wet)

1 onion, chopped
Salt and pepper
2 eggs, mixed

Bread dressing:

1 onion
6 slices bread
1 stalk celery

2 eggs
Salt and pepper

Mix all together. Combine beef, pork, bread, onion, salt and pepper, eggs. Mix well. Line sides and bottom of greased loaf pan with meat loaf mixture. Fill center with dressing; cover top with remaining meat. Bake 1 hour at 350° or until done.

Barbara Sandford

SALISBURY STEAKS WITH ONIONS & PEPPERS

2 Tbsp. butter or
margarine
4 medium onions, sliced
2 medium green peppers,
cut into 2 x 1/2 inch
strips
1 lb. ground beef
1 c. soft bread crumbs
(2 slices white bread)

1 egg
Salt; pepper
1 Tbsp. flour
1 c. water
2 Tbsp. catsup
1/2 tsp. soy sauce

1. In 12-inch skillet over medium heat, in hot butter or margarine, cook onions and green peppers until tender, stirring frequently. Remove onion mixture to warm platter; keep warm. 2. Meanwhile, in medium bowl with fork, mix ground beef, bread crumbs, egg, 1/2 teaspoon salt and 1/4 teaspoon pepper. Shape mixture into four (1/2 inch thick) oval patties. 3. In same skillet, over medium-high heat, cook patties about 5 minutes or until of desired doneness, turning patties once. Arrange patties on platter with onions and peppers; keep warm. 4. Into drippings in skillet over medium heat, stir flour, 1/4 teaspoon salt and 1/8 teaspoon pepper; cook 1 minute. Add water, catsup and soy sauce. Cook, stirring constantly, until mixture is slightly thickened. Pour sauce over patties. Makes 4 servings.

Christy Watts

SLOPPY JOES

Brown together:

3 lb. ground beef	2 large onions, chopped finely
2 cans tomato sauce	1 c. catsup
2 (10 1/2) cans chicken gumbo soup	6 tsp. dry mustard

Add above ingredients to browned meat and simmer 30 minutes. Serves 20.

Phyllis Bills

SUPER-QUICK STUFFED PEPPERS

3/4 lb. ground beef	1/4 tsp. thyme leaves
1 small onion, diced	1/8 tsp. pepper
1 (15 1/4 to 20 oz.) can red kidney beans, drained	Salt
1 (8 oz.) can tomato sauce	3 large green peppers
1/2 tsp. sugar	Water
	1 Tbsp. cornstarch
	2 Tbsp. shredded Cheddar cheese

1. In 3-quart saucepan over medium-high heat, cook ground beef and onion until meat is browned and onion is tender, about 10 minutes, stirring occasionally. Stir in kidney beans, tomato sauce, sugar, thyme, pepper and 1 teaspoon salt; heat to boiling. Reduce heat to low; cover and simmer 10 minutes to blend flavors. 2. Meanwhile, cut green peppers lengthwise in half; discard seeds. Place pepper halves in 12-inch skillet; add about 1/2 inch water and 1 teaspoon salt; over high heat, heat to boiling. Reduce heat to low; cover and simmer 5 minutes or until tender-crisp. Drain. 3. In cup, mix cornstarch and 1/2 cup water. Gradually stir into meat mixture; cook over medium heat, stirring until mixture is slightly thickened. 4. To serve, place peppers, cut side up, on warm platter. Spoon meat mixture into green peppers; sprinkle with shredded Cheddar cheese. Makes 6 servings.

Christy Watts

CORN DOGS

1 c. cornmeal
1 3/4 c. flour
1/4 c. sugar
1 1/2 c. milk

1 Tbsp. baking powder
1 egg
1/2 tsp. salt

Combine all ingredients together. Mix well. Cook at 425° in deep fat fryer.

Carolyn Curtis

HOUND DOG ROLLS

2 (15 oz.) cans pizza
or spaghetti sauce
1/2 tsp. oregano
1/2 tsp. salt
1/8 tsp. pepper

12 frankfurters
1 (6 oz.) pkg. sliced Mozzarella
12 lasagne noodles, cooked
1/2 c. Parmesan cheese

Combine pizza sauce with oregano, salt and pepper in a small bowl. Split each frankfurter down the middle and stuff with 1/3 slice of cheese. Wrap each frankfurter with 1 lasagne noodle. Place seam side down in a lightly greased, 9x13 inch baking dish. Pour pizza sauce evenly over all -- sprinkle with Parmesan cheese. Bake at 350° for 25 minutes.

Dana Tye

POULTRY

APRICOT CHICKEN

2 frying chickens, cut up
1 (8 oz.) bottle Russian
salad dressing
1 c. apricot jam

2 tsp. curry powder (optional)
1 (1 3/8 oz.) pkg. dry onion
soup mix

Wash chicken. Pat dry. Mix the dressing, jam, curry powder and onion soup mix. Pour over chicken. Bake at 350° for 1 hour, 15 minutes. 8 servings.

Kathryne Treseder

CHICKEN AND ARTICHOKE CASSEROLE

1/2 lb. fresh
mushrooms, sliced
2 Tbsp. butter
1 (14 oz.) can chicken
broth
4 chicken breasts
(3 lb.)
1 (14 oz.) can artichoke
hearts, drained
1/4 c. butter or
margarine

1/4 c. flour
1/4 tsp. salt
1/8 tsp. pepper
3/4 c. light cream or
half & half
1/2 c. Parmesan cheese
1/2 tsp. dried rosemary,
crushed

Saute mushrooms in 2 tablespoons butter until golden brown. Set aside. Put chicken breasts in simmering chicken broth in a single layer. Cover. Cook 20 minutes. Remove from broth; save 3/4 cup broth. Cool; skin and bone chicken. Arrange chicken slightly overlapping in 8x12 inch casserole. Top with artichoke hearts. Set aside. Melt 1/4 cup butter. Stir in flour, salt and pepper until smooth. Gradually stir in 3/4 cup chicken broth and light cream. Cook and stir as mixture boils and thickens. Blend in Parmesan cheese and rosemary. Pour over artichokes covering them. Sprinkle mushrooms down center. Bake at 325° for 30 minutes. (You can assemble casserole ahead of time. Cover and refrigerate. Bake 10 minutes longer.)

Ann Hughes

CASHEW NUT CHICKEN

Chicken, cut into
bite-size pieces
(4 breasts or 2-3 lb.)
1/2 can sliced bamboo
shoots
Celery (4 stalks), cut
on bias
Cashews (1/4-1/2 lb.),
uncooked; deep fry
at 320° for 5 minutes;
salt

Mushrooms (1 c. Chinese or
1 c. button mushrooms)
Water chestnuts, sliced
(1 can)
1 onion, cut in half and then
sliced thin
Sweet peas (1 box, frozen or
fresh), cut diagonally,
lengthwise

Marinade:

3/4 tsp. salt	1 Tbsp. cornstarch
1/2 tsp. sugar	Dash of pepper
1 tsp. oyster sauce	2 green onions, diced
1 tsp. soy sauce	3 pieces raw ginger
1 Tbsp. sherry	

Marinate chicken 2 hours, then brown in heated wok with 2 tablespoons peanut oil and 1/4 teaspoon salt. Add 1 cup water and 1 tablespoon chicken base; cover and cook 10 minutes. Remove from wok. Braise remaining ingredients in wok until tender crisp; stir constantly. Add chicken; toss together and thicken with cornstarch paste. Turn off wok. Add cashew nuts and mix well. Serve with rice.

Susan Rasband

CHICKEN CORDON BLEU

4 boneless chicken breasts	1/2 tsp. salt
8 slices cooked ham (thin)	1/4 tsp. pepper
8 slices Swiss cheese (thin)	1/4 tsp. allspice
2 Tbsp. flour	1 egg, slightly beaten
	1/2 c. dry bread crumbs
	3 Tbsp. shortening
	2 Tbsp. water

Place 2 slices of ham and 2 of cheese on each breast. Roll up carefully and secure rolls with wooden toothpicks. Mix flour, salt, pepper and allspice; coat rolls with flour mixture. Dip rolls into egg, then roll in bread crumbs. In large skillet, brown rolls in shortening, about 5 minutes. Reduce heat and add water. Cover; simmer 45 minutes or until tender. Remove cover last 2 to 3 minutes to crisp rolls slightly.

Patty Dodge

CHICKEN CORDON BLEU

6 chicken breasts	Flour
6 slices thin-sliced ham	3 eggs, beaten
6 oz. Swiss cheese	3/4 c. dry bread crumbs

1 Tbsp. parsley flakes
1/2 envelope garlic-cheese
dressing mix

1/4 c. Parmesan cheese
1 can cream of chicken soup
1/2 c. sour cream

Bone breasts and flatten with mallet. Slice cheese into flat sticks at 3/8 inch thick. Wrap ham slice around cheese; place on flattened chicken. Fold chicken around cheese and ham; secure with toothpicks on edges so cheese won't ooze out later. Combine bread crumbs, parsley flakes, garlic-cheese dressing and Parmesan cheese. Dust chicken with flour; roll in beaten eggs, then roll in bread crumb mixture. Fry in a little hot oil until lightly browned. Drain on paper towel and remove toothpicks. Put in baking dish; combine soup and sour cream and spoon over chicken. Bake at 325°, 30-45 minutes.

Nola Vander Linden

CHICKEN A LA SUISSE

6 whole medium
chicken breasts,
skinned and boned
8 oz. Swiss cheese slices
8 oz. sliced, cooked ham
3 Tbsp. all-purpose
flour
1 tsp. paprika

6 Tbsp. butter
1/2 c. water
1 chicken-flavor bouillon cube
1 Tbsp. cornstarch
1 c. heavy or whipping
cream
Minced, cooked ham (for
garnish)
Parsley (for garnish)

About 1 1/2 hours before serving, spread breasts flat; cut cheese and ham slices to fit on top; fold breast over filling; fasten edges with toothpicks, enclosing filling well. On waxed paper, mix flour and paprika; use to coat chicken. In 12 inch skillet over medium heat, in hot butter, cook breasts until browned on all sides. Add water and bouillon. Reduce heat to low; cover and simmer 30 minutes or until tender; remove chicken to warm platter; remove toothpicks. Keep chicken warm. In cup, with fork, blend cornstarch and cream until smooth. Gradually stir cornstarch mixture into liquid in skillet. Cook, stirring constantly, until thickened. Spoon sauce over chicken. Sprinkle with minced ham; garnish with parsley. Serves 6.

Susan Rasband

SWISS-CHICKEN BAKE

6 chicken breast halves, boned	1/4 c. water
6 slices Swiss cheese	1/3 c. butter, melted
1 can cream of chicken soup	1 c. soft bread crumbs

To bone chicken breasts, boil 15 minutes. Let cool a few minutes. Pull bone from meat. Place chicken breasts in greased, 11x7 inch baking dish. Put one slice Swiss cheese on each breast. Combine soup and water. Pour over top of chicken and cheese. Sprinkle on bread crumbs and drizzle butter. Bake, uncovered for 45 minutes at 350°. Serves 6.

Christy Watts

CHICKEN CASSEROLE

Meat from one chicken	1 loaf heavy bread, broken into small cubes
2 c. juice from chicken	2 tsp. sage
1 c. cream mushroom soup	1/2 tsp. salt
1 c. cream chicken soup	1/2 tsp. pepper
1 cube butter	
1 chopped onion	

Mix juice, soups together. Melt butter and saute onions until tender. Toss together butter, onions, bread cubes, sage, salt and pepper. Layer in a casserole: crumbs, chicken, soups, crumbs. Bake at 350°, 35-40 minutes.

Nancy Hooper

CHICKEN/BROCCOLI CASSEROLE

1 whole chicken, cut up	1 can cream of onion soup
1 bunch fresh broccoli	1 bay leaf
1 can cream of chicken soup	Fresh mushrooms
	1 c. milk

Brown chicken; place in baking dish; mix together milk and soups. Arrange broccoli and mushrooms around chicken. Add bay leaf. Bake at 350° for 45 minutes.

LuDean Jensen

CHICKEN-BROCCOLI CASSEROLE

2 pkg. chopped broccoli	8 oz. bottle of Cheese Whiz
1/2 c. butter	3 chicken breasts, cooked
3 Tbsp. green onions,	and chopped into pieces
chopped	1 1/2 c. cooked rice
1 can cream of mushroom	
soup	

Cook and drain broccoli. Saute butter and onions together. Combine all ingredients together making sure Cheese Whiz is mixed in well. Put in casserole dish and cover with crushed croutons. Bake at 350° for 30 minutes.

Pat Swenson

CHICKEN CRUNCH

2 c. cooked chicken	1 can cream of chicken soup
pieces	1/2 c. mushrooms
1 1/2 c. steamed	1/2 c. grated cheese
broccoli or 1 pkg.	1/2 c. slivered almonds
frozen broccoli,	1 (3 oz.) can French fried
thawed	onions

Spread broccoli on bottom of casserole dish. Combine chicken pieces, soup and mushrooms. Spread atop broccoli. Add cheese. Mix almonds with onions and use as final layer. Bake 25 minutes at 350°.

Charlene Peppinger

CHICKEN AND RICE CASSEROLE

2 c. chicken broth	3 Tbsp. butter
1 c. uncooked long	3 Tbsp. flour
grain rice	1 1/2 tsp. salt

1 2/3 c. evaporated
milk
2 c. cooked chicken
1 (10 oz.) pkg. frozen
chopped broccoli,
cooked and drain

1 (3 oz.) can mushrooms
(optional)
1/4 c. toasted slivered almonds

Cook rice in chicken broth according to package directions. While the rice is cooking, make white sauce by melting the butter. Mix in flour and salt until smooth. Add evaporated milk. Cook over medium heat until mixture thickens and boils. Add chicken, rice, broccoli and mushrooms. Pour into 11x7 inch baking dish. Top with almonds. Bake at 350° for 30-35 minutes. Serves 6-8.

February's Luncheon

CHICKEN CRESCENT

4 oz. cream cheese
3 Tbsp. melted
margarine
2 c. chicken, cubed
1/4 tsp. salt
1/8 tsp. pepper

2 Tbsp. milk
1 Tbsp. chopped onion
2 cans crescent rolls
1 can cream of chicken soup

Mix together cream cheese, margarine, chicken, salt, pepper, milk, onions. Spoon onto crescent rolls; seal edges; coat each one with butter and bread crumbs. Bake at 375°, 20-30 minutes until light brown. Serve with chicken soup as gravy; 1 can soup, 1/2 cup milk to dilute. Yield: 8 crescents.

Kris Langheinrich

CHICKEN PILLOWS (Serves 8)

2 c. cooked, boned
chicken
2 (3 oz.) cream cheese
with chives
2 cans Pillsbury crescent
rolls

2/3 c. herb stuffing mix
(crumbs)
2/3 c. mushrooms (canned)
1/2 c. chopped nuts
1 can cream of chicken soup

Mix nuts and stuffing and set aside.

Filling: Mix together cream cheese, 4 tablespoons butter, 1/8 teaspoon pepper, 2/3 cup mushrooms (drained) and chicken. Set aside.

Separate crescent rolls and roll out very thin. Fill each with 1/4 cup chicken filling. Close dough around it, forming a patty. Dip the patties in 6 tablespoons melted butter and then in the stuffing mixture. Bake at 375° for 15-20 minutes on an ungreased cookie sheet.

Gravy: 1 can of cream of chicken soup, juice from mushrooms; dilute with milk to desired consistency.

Denise Christensen

CHICKEN ROLLS

2 c. cooked, cubed
chicken
1/4 lb. fresh
mushrooms
2 stalks celery
1 tsp. grated onion

1 (8 oz.) pkg. cream cheese
2 pkg. biscuits (refrigerator)
(10 each)
1 pkg. chicken gravy mix
(optional)
1 recipe white sauce with 1/4
c. cheese added (optional)

Saute celery, mushrooms and onion with 2 tablespoons margarine. Bring cream cheese to room temperature and add to sauteed vegetables. Add chicken pieces. Flatten biscuits directly on ungreased cookie sheet to about 1/4-1/8 inch thick. Spoon large tablespoon of filling in and top with another biscuit. Press edges and prick with a fork on top. Bake at 350° for 20-25 minutes or till golden brown. Top with chicken gravy or cheese sauce.

Ruth Dallas

CHICKEN IN FOIL

6 chicken breasts,
skinned and
boned
Salt, pepper, marjoram
to taste
1/2 lb. butter

1 c. slivered almonds
1/2 lb. mushrooms, sliced
1 small onion, chopped
2 c. cooked rice
6 Tbsp. cream

Season chicken. Saute almonds in 3 tablespoons butter. Add remaining butter, mushrooms and onions and cook until onions are lightly browned. Combine mixture with rice. Have ready 6 pieces of foil in 15 inch lengths. Divide mixture evenly, centering on foil. Lightly saute chicken in pan used for dressing. Lay over mixture. Add cream to skillet, removing all adhering bits and pour equally over chicken. Seal packets and place on cookie sheet. Bake 45 minutes at 375°.

Dana Tye

CHICKEN MARENGO

3 lb. chicken,	3 Tbsp. cooking oil
quartered	1 clove garlic
1 tsp. coarse black	1 (3 oz.) can sliced mushrooms,
pepper	drained
1/3 c. seasoned flour	1 1/2 c. tomatoes
	1 c. dry white wine

Rub chicken with pepper; dredge in flour; heat cooker. Add oil and garlic. Brown chicken. Remove garlic and chicken; stir in mushrooms, tomatoes and 1/2 cup wine. Replace chicken; close cover securely. Place pressure regulator on vent pipe and cook for 10 minutes with pressure regulator rocking slowly. Let pressure drop of its own accord. Place chicken on a heated platter. Add remaining wine and simmer. Thicken if desired. 6 servings.

Sammy Pearson

CHICKEN AND RICE CASSEROLE

1 1/3 c. uncooked rice	Chicken parts, cut up (or
1 pkg. Lipton soup mix	pork chops)
(onion)	1 can mushroom soup (cream)
3 c. hot water, mixed	
with 3 c. chicken	
bouillon cubes	

Place 1 1/3 cup uncooked rice in pan (13x9 inch); on top, place chicken parts or pork chops. Then put 1 can cream of mushroom soup (undiluted) on chicken. Add

1 package Lipton onion soup. Spoon on 3 cups hot water, mixed with 3 chicken bouillon cubes. Bake at 350° for one hour, covered and uncovered for one hour more.

Sue Davis

CHICKEN AND RICE

1 cut-up chicken	1 tsp. paprika
3 chicken bouillon cubes	1/4 tsp. poultry seasoning
Salt and pepper	1/8 tsp. pepper
2 Tbsp. butter or margarine	1 c. uncooked rice
1/2 c. flour	1 c. chopped onion
1 1/2 tsp. salt	3/4 c. chopped green pepper
	1 1/2 tsp. salt (if desired)

Simmer boney pieces and giblets--3 cups stock. Add bouillon cubes and salt and pepper to taste. Strain. Melt butter in baking dish in 400° oven. Meanwhile, combine flour, 1 1/2 teaspoon salt, paprika, poultry seasoning and pepper in sack and shake chicken. Place pieces, skin-side down in butter and bake uncovered, 25 to 30 minutes till light brown. Remove pieces of chicken from pan. Add to butter and juices the rice, onion, green pepper and 1 1/2 teaspoon salt (if desired); taste juice to see if more salt is needed. Mix well with the 3 cups stock. Replace chicken (skin-side up this time) and bake at 400°, 40 to 45 minutes longer.

Mavourneen Gardner

CHICKEN & RICE CASSEROLE

1 c. rice	1/2 soup can water
1 frying chicken, cut up	1 pkg. dry onion soup mix
1 can cream of mushroom soup or cream of chicken	

Layer rice, chicken, soup, water and onion soup (dry). Bake at 350°, 1 hour or until done. Check frequently and add extra water if needed.

Optional: Add grated cheese on top when almost done.

Carol Johnson

CHICKEN RICE CASSEROLE

1/4 c. chicken fat or butter	1 1/2 c. uncooked rice
5 Tbsp. butter	2 c. cut-up, cooked chicken
1 1/2 tsp. salt	3/4 c. sliced mushrooms
1/8 tsp. pepper	1/3 c. chopped green pepper
1 c. chicken broth	2 Tbsp. chopped pimiento
1 1/2 c. milk	1/4 c. slivered almonds

Heat oven to 350°. Melt fat in saucepan over low heat. Blend in flour, salt and pepper. Cook over low heat until smooth and bubbly. Remove from heat. Stir in chicken broth and milk. Boil 1 minute, stirring constantly. Mix sauce with remaining ingredients. Pour into greased, oblong baking dish, 10 x 6 x 1 1/2 inch. Bake 40 to 45 minutes. 8 servings.

Bonnie Madsen

CHICKEN CASSEROLE

1/2 c. margarine	1 c. grated cheese
4 c. cooked rice	1/2 medium onion
1 chicken, cooked	2 eggs
1 can cream of mushroom soup	1 small can mushroom pieces
	1 c. hot milk

Grease 3 quart casserole dish with margarine. Place remaining margarine in hot milk. Cut chicken in small pieces and add remaining ingredients except cheese. Mix and pour into casserole dish. Sprinkle cheese on top last half of cooking time. Bake at 350°, 45 minutes to 1 hour.

Dana Tye

CHICKEN WAIKIKI BEACH

2 whole chicken legs	1/3 c. salad oil or shortening
2 whole chicken breasts	1 tsp. salt
1/2 c. flour	1/4 tsp. pepper

Sauce:

1 (1 lb. 4 oz.) can
sliced pineapple
1 c. sugar
2 Tbsp. cornstarch
3/4 c. cider vinegar

1 Tbsp. soy sauce
1/4 tsp. ginger
1 chicken bouillon cube
1 large green pepper, cut
crosswise in 1/4 inch circles

1. Wash chicken; pat dry with paper towels. Coat chicken with flour. 2. Heat oil in large skillet. Add chicken a few pieces at a time and brown on all sides. Remove as browned to shallow roasting pan, arranging pieces, skin-side up. Sprinkle with salt and pepper. 3. Meanwhile, preheat oven at 350°. 4. Make sauce. Drain pineapple, pouring syrup into 2-cup measure. Add water to make 1 1/4 cups. 5. In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube. Bring to boiling, stirring constantly. Boil 2 minutes. Pour over chicken. 6. Bake uncovered, 30 minutes. Add pineapple slices and green pepper; bake 30 minutes longer, or until chicken is tender. Serve with fluffy white rice. Makes 4 servings.

Karen Milkovich

COUNTRY FRIED CHICKEN

1 frying chicken,
cut up
Crisco shortening
1/2 c. milk
1 egg
1 c. flour

2 tsp. garlic salt
2 tsp. MSG
1 tsp. paprika
1/4 tsp. poultry seasoning
1 tsp. black pepper

For extra spicy chicken, increase poultry seasoning to 1/2 teaspoon and black pepper to 2 teaspoons.

Blend milk and egg. Combine flour and seasonings in plastic or paper bag. Shake chicken in seasoned flour. Dip chicken pieces in milk/egg mixture. Shake chicken a second time in seasoning mixture to coat thoroughly and evenly.

To pan fry: Melt Crisco in skillet and heat to 365°. Brown chicken on all sides. Reduce heat (275°) and continue cooking until chicken is tender, about 30-40 minutes. Do not cover. Turn chicken several times during cooking. Drain on paper towels.

To deep fry: Prepare as above and cook in deep Crisco, heated to 365° for 15-18 minutes. Drain on paper towels.

Christy Watts

CURRIED CHICKEN

Chicken (4-5 lb. or 4 breasts)	Freshly ground pepper
1/2 c. minced onion	2-3 tsp. curry powder
1/2 c. chopped celery	1 1/2 tsp. salt
1/2 c. flour	1/4 tsp. ginger
1 1/2 tsp. sugar	1 1/2 c. chicken broth
	1 1/2 c. heavy cream

Cut chicken into bite-size pieces; stir-fry in hot oil until done. Saute or stir-fry onions and celery in oil or butter. Stir in flour, sugar, pepper, curry powder, salt and ginger. Add broth mix, then add cream. Cook over moderate heat until thickened. Stir constantly. Taste and adjust seasonings. Chicken should be added to sauteed mixture with seasonings. Serve with rice and condiments.

Condiments:

1 c. crisp bacon, crumbled	1 c. chopped peanuts
1 c. green onion	Chopped hard-boiled egg
1 c. cucumbers	Chutney
1 c. tomato	Toasted coconut
	Chopped avocado

Susan Rasband

QUICK CHICKEN CASSEROLE

1 c. cubed or diced chicken	1 can chicken and rice soup
1 can cream of chicken soup	1 (8 oz.) can chow mein noodles
	1/2 c. grated Cheddar cheese

Combine all ingredients in a 2 quart casserole. Stir just until mixed. Bake at 350° for 20-25 minutes or until thoroughly heated through. Sprinkle cheese on top and return to oven just long enough to melt cheese.

Debbie Hansen

BARBECUED TURKEY

1/2 c. soy sauce
1 c. Sprite

1 c. oil

Cut turkey off bone and skin. Combine ingredients and add turkey pieces. Marinate at least 2 hours. All day is best. Barbecue until done.

Linda Packer

APPLE-SAUSAGE STUFFING

1 lb. sausage
1 c. diced bacon
1 large onion, chopped
1 c. chopped celery
1/2 lb. mushrooms,
sliced
2 red apples, cored
and diced

1 c. chopped parsley
1 tsp. each sage and thyme
1 loaf white bread,
cut into 1 inch cubes
2 c. chicken broth
Salt and pepper to taste

In large skillet, fry sausage and bacon until crisp and brown. Remove and cut into 1 inch pieces. Replace in skillet and add onion, celery, mushrooms, apples, parsley and herbs. Saute, stirring occasionally, for 5 minutes. Stir in bread cubes and chicken broth. Season to taste with salt and pepper. Pour mixture into a bowl; cover and cool. Stuff turkey that has been salted inside and out. Too lazy to stuff the turkey, spoon stuffing into a well greased 2 quart casserole and place in oven 1 hour.

Lou Towne

STUFFING (OR CASSEROLE)

10 c. cubed, dry
bread crumbs
(any kind of
bread)
2 tsp. salt
1/4 tsp. pepper
3 tsp. sage

1 tsp. thyme
1 c. margarine
1 medium diced onion (or
some flakes)
1/2 c. diced celery
1 c. milk
1 beaten egg

Mix bread crumbs and spices; cook celery and onion in margarine; add to bread. Mix egg and milk; add 1 cup crumbs. Then pour milk mixture into remaining bread crumbs. Stuff turkey, chicken or pork chops. Can serve as a casserole by adding 2 cups diced turkey or chicken. Bake at 350°, 45 minutes, covered.

Ann Ashliman

BAKED EGG CASSEROLE

1/2 - 3/4 lb. sharp cheese, grated	1/2 tsp. prepared mustard
4 eggs, beaten thick	8 slices bread
2 1/2 c. milk	Diced ham, bacon or green peppers (optional)
1/2 tsp. salt	

Beat eggs. Slowly add milk, seasonings and cheese (stir). Put diced bread into buttered casserole dish. Pour mix over bread and stir gently. Let stand 8 hours or overnight in refrigerator. Bake at 300° for 1 1/2 hours, uncovered. Add diced ham, bacon or peppers when combining egg mixture and bread.

Colleen Dibb

EGG CASSEROLE

8 large eggs	2 oz. Swiss or Monterey Jack, grated
2 1/2 c. half & half	1 tsp. salt
8 slices bread	1 tsp. dry mustard
6 oz. sharp Cheddar, grated	1 (1 lb.) bulk pork sausage

Mix eggs, half & half, salt and dry mustard in a bowl. Brown sausage; drain well. Grate cheese. Break bread into cubes into a well greased 9x13 inch casserole. Put sausage onto bread; sprinkle with cheese and pour egg mixture over all. Cover and refrigerate all day (or overnight if for a breakfast). Cook 45 minutes at 350°.

Vicki Bollschweiler

QUICHE LORRAINE

- | | |
|--|----------------------------|
| 1 (9 inch) unbaked
pie crust | 1/2 green pepper |
| 1 c. shredded Swiss
cheese | 3 eggs, slightly beaten |
| 6 slices bacon, cooked
and crumbled | 1 c. light cream |
| 3/4 c. ham, chopped,
minced | 1/2 tsp. grated lemon peel |
| | 1/2 tsp. salt |
| | 1/4 tsp. dry mustard |

Bake unpricked pastry shell for 5 minutes at 425°. Remove from oven and arrange cheese, bacon and ham in bottom of shell. In bowl, eggs, cream, dry mustard, salt. Pour evenly over cheese mix. Bake at 325° for 45 minutes. Let sit for 10 minutes.

Suzanne Olsen

QUICHE LORRAINE

Crust:

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|---------------|---------------------|
| 1 c. flour | 1/3 c. shortening |
| 1/2 tsp. salt | 3-4 Tbsp. ice water |

Quiche:

- | | |
|---|-------------------------|
| 1/3 c. onions | 4 eggs, beaten |
| 1 Tbsp. butter | 1-2 c. light cream milk |
| 3 slices of bacon,
fried and broken
up, or ham, broken
in pieces | 1/8 tsp. pepper |
| | 1/8 tsp. nutmeg |
| | 1/2 tsp. salt |
| 1/4 lb. Swiss cheese,
grated or Mozzarella
cheese | |

Mix crust together; place on the bottom of 2 (9 inch) pie dishes.

Simmer onions and butter; let cool; place bacon and cheese on top of pie crust. Mix remaining ingredients together and pour over crust, bacon and cheese. Bake at 375° for 35 minutes or until knife comes out clean.

Broth:

2 Tbsp. flour

2 Tbsp. butter

Mix and cook until thick; 1 cup water and chicken bouillon.

Robyn Smith

CRUSTLESS QUICHE LORRAINE

9-10 slices bacon, cooked
and crumbled

1 c. Swiss cheese,
shredded

1/4 c. onion, minced

4 eggs

1 c. evaporated milk

3/4 tsp. salt

1/4 tsp. salt

1/8 tsp. cayenne pepper

Sprinkle bacon, cheese and onion into 9-inch glass pie plate. Beat eggs, milk and seasonings in large bowl with beater until well blended. Pour over bacon mixture. Bake 13 1/2 to 15 minutes in microwave oven on medium high. Turn dish 1/2 way through cooking time. Let stand 1 minute before serving.

Ann Hughes

PORK

FLUFFY OVEN EGGS AND BACON

1/2 lb. bacon (about
12 slices)

1/2 lb. chopped onion

1/2 c. Bisquick baking
mix

3 eggs

1 1/4 c. milk

1/4 tsp. salt

1/8 tsp. pepper

1/2 c. shredded Cheddar or
Swiss cheese

Heat oven to 375°. Grease 1 1/2 quart round casserole. Cut bacon slices into thirds. Cook and stir bacon in 10-inch skillet over medium heat until almost crisp. Add onion. Cook, stirring frequently, until bacon is crisp; drain. Spread bacon and onion in bottom of casserole. Beat baking mix, eggs, milk, salt and pepper with hand beater until almost smooth. Slowly pour egg mixture over bacon; sprinkle with cheese. (Also good to use a mixture of Cheddar and Swiss cheese.) Bake uncovered until knife

inserted in center comes out clean, about 35 minutes. 4 to 6 servings.

Variation: Substitute 1 cup (1/4 inch cubes) fully cooked smoked ham for the bacon. Spread ham and onion in bottom of casserole. Continue as directed.

Christy Watts

HAM & ASPARAGUS ROLL-UPS

3 c. cooked instant brown rice (1 c. instant; 3 c. cooked)	2 Tbsp. flour
1 (8 oz.) pkg. thinly sliced ham	1/2 tsp. salt
1 (10 1/2 oz.) can cut asparagus spears, drained	1/2 tsp. dry mustard
2 Tbsp. butter	1 c. milk
	2 egg yolks
	2 Tbsp. orange juice
	1 (2 1/2 oz.) jar mushrooms, drained
	Shredded Cheddar cheese

Cut ham slices in thirds lengthwise. Put several asparagus spears at the end of each slice and roll up, jelly-roll style. Spread the cooked rice over bottom of a 10x6 inch casserole baking dish. Arrange the ham roll-ups atop the rice. Melt butter; stir in flour, salt and mustard. Add milk and stir constantly. Heat until thick. Stir in egg yolks, orange juice and mushrooms. Pour over ham. Sprinkle with cheese. Bake at 350° for 25 minutes. 4 servings.

Joyce Christensen

LUAU RIBS

2 (4 1/2 oz.) jars strained peaches	1/2 c. brown sugar
1/3 c. catsup	2 cloves garlic, minced
1/3 c. vinegar	1 tsp. salt, pepper
2 Tbsp. soy sauce	2 tsp. ginger
	4 lb. meaty spareribs

For sauce, mix all ingredients. Rub ribs with salt and pepper on both sides. Place ribs, meat side up, in foil-lined

shallow pan. Brown 15 minutes. Pour sauce over ribs. Bake 1 1/2 hours or until done. Baste with sauce several times. Serves four.

Cherie Green

PORK CHOP POTATO BAKE

4 to 6 pork chops	1 to 2 cans <u>golden</u> cream of
4 potatoes, cut in	mushroom soup (depending
large chunks	on how much of the first
6 carrots, cut lengthwise	three ingredients you use)
	Salt and pepper

Brown pork chops. Combine pork chops, potatoes, carrots and soup, salt and pepper in Dutch oven or large casserole dish. Bake at 350° for 1 1/2 hours. This makes its own gravy too!

Brenda Elison

PORK CHOPS OR LAMB CHOPS WITH MUSHROOM GRAVY

4-6 chops	1 can condensed cream of
Dash salt	mushroom soup
Dash pepper	

1. In a skillet or frying pan, brown chops on both sides. Drain chops and season. 2. Cover chops with soup. Reduce heat to low and simmer, covered for 15 or 20 minutes or until fork tender. Turn chops 8 to 10 minutes. 3. Add splash of water if gravy becomes too thick, to reduce sticking. Makes 4-6 chops.

Diane Rissinger

RICE AND PORK CHOP CASSEROLE

1 c. rice	1 c. water
1 can mushroom soup	1/2 pkg. onion soup mix
4-6 pork chops	

Mix rice, water, mushroom soup and onion soup mix together and pour into 9x13 inch baking dish. Brown pork

chops and lay on top of rice mixture. Cover dish with foil and keep in refrigerator until ready to cook. Bake at 325° for 1 1/2 hours with foil on dish. Pour one cup cream of chicken soup over pork chops for a little extra sauce and gravy.

Carolyn Scharman

SEAFOOD

BAKED FISH FILLETS

1-2 lb. fish fillets (cod, sole, turbot, etc.)	Thyme
2 Tbsp. cooking oil	2 Tbsp. lemon juice
Salt	2 Tbsp. margarine
Pepper	2 Tbsp. flour
	1-2 tsp. dry mustard
	1 c. milk

Pour oil into baking dish. Cut fish into serving pieces and place in dish. Sprinkle with salt, pepper, thyme and lemon juice. Make white sauce using margarine, flour, dry mustard, milk and dash of salt and pepper. Pour sauce over fish and sprinkle with paprika. Bake at 375°, 30-45 minutes.

Jeanene Reid

BUTTER HERB FISH

1/2 c. butter or margarine	1/2 tsp. each; basil, oregano and salt
2/3 c. crushed saltines	1/4 tsp. garlic powder
1/4 c. grated Parmesan cheese	1 lb. frozen sole or perch fillets, thawed

Melt butter in pan in preheated oven (350°). Meanwhile in 9 inch pie pan, combine crumbs, cheese, basil, oregano and salt and garlic powder. Dip fillets in butter and then in crumb mixture. Place fish back in buttered baking pan and bake at 350° for 25 to 30 minutes or until tender.

Dana Tye

CLAM CHOWDER CASSEROLE

2 (10 oz.) pkg. frozen cauliflower	2 c. milk
1/2 c. chopped onions	1 chicken bouillon cube
1/2 c. chopped celery	2 (7 oz.) cans minced clams
4 Tbsp. butter	2 Tbsp. chopped pimientos
1/4 c. flour	1 pkg. refrigerated biscuits
3/4 tsp. salt	2 Tbsp. melted butter
1/8 tsp. pepper	2 Tbsp. Parmesan cheese

Cook frozen cauliflower according to package directions and then drain well and cut into large pieces. In saucepan, cook onions and celery in 4 tablespoons butter until tender. Blend in flour, salt and pepper. Add milk and bouillon cube. Cook and stir until thickened. Add cauliflower, minced clams and pimientos. Bring to boiling and place in casserole dish. Place refrigerated biscuits atop mixture and brush with melted butter. Sprinkle Parmesan cheese over biscuits and bake 15 minutes at 450°.

Colleen Dibb

MY BEST HALIBUT

2-3 lb. halibut	1 c. cream of celery soup
3 c. milk	6 fresh slices bread
1 c. flour	1 cube melted butter
1/2 c. chopped onions	Salt and pepper
1 1/2 c. medium cheese	

Heat water, dash of salt. Place halibut into pan; boil 30 minutes. Remove; drain and place into deep baking dish. Slice into small pieces. Add milk; sprinkle flour evenly, onions, cheese, soup, salt and pepper. Mix slowly. Break bread into small pieces. Layer on top; melt butter and pour evenly over top. Place in oven for 20 minutes at 375°. Remove and serve.

Tammy L. Tischner

PANCIT

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|--|--|
| 2 pkg. Chuka Soba
noodles or 1 pkg.
(large) dried egg
noodles | 2 c. carrots, sliced |
| 1 lb. large fresh
shrimp | 1 c. mushrooms, sliced |
| 1 lb. lean pork | 1 onion, sliced |
| 2 c. cabbage,
shredded | 1 Tbsp. Patisfish sauce
(optional) |
| 1 clove garlic, minced | 1/2 head broccoli, broken
into pieces (or substitute
with fresh string beans,
French cut) |
| 2 c. celery, sliced | 2 Tbsp. soy sauce |

Boil pork for 1 hour, then slice into bite-size pieces. Shell and devein shrimp; cut into small pieces. In large pot, bring water to boil. Remove from heat and add Chuka Soba. Let sit for 3 minutes, then drain and rinse with cold water. Set aside. In small pot, bring water to boil. Add broccoli pieces and boil for 1 1/2 minutes. Drain, rinse with cold water and set aside. Brown garlic and onion in 1 tablespoon salad oil in wok. Add Patis and pork and salt to taste. Add celery and carrots. Stir and let sit for one minute. Add mushrooms and shrimp. Stir; add remaining ingredients. Stir-fry until noodles tender but not soggy. Add soy sauce. Serves 8.

Grace Kemp

SHRIMP NEWBURG

- | | |
|---|----------------------|
| 1 (4-5 oz.) can shrimp,
drained or 1/2 lb.
fresh shrimp | 1 1/2 c. light cream |
| 5 Tbsp. butter | 3 beaten egg yolks |
| 2 Tbsp. flour | 2 tsp. lemon juice |
| | 1/4 tsp. salt |
| | Paprika |

Melt butter over direct heat; blend in flour. Add cream all at once. Cook and stir until thickened and bubbly. Stir a moderate amount of mixture into beaten egg yolks, then return all to hot mixture. Cook, stirring constantly, until thickened. Add shrimp, lemon juice and salt. Pour over cooked rice and sprinkle with paprika. Serves 4-5.

Lori Chivers

TUNA CASSEROLE

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|-----------------------------------|--|
| 1 (6 1/2 oz.) can
drained tuna | 1 c. diced celery |
| 1 can cream of mushroom
soup | 1/4 c. chopped onion |
| 1/2 can water | 2 Tbsp. chopped green pepper |
| | 1 (5 1/2 oz.) can chow mein
noodles |
| | 1/2 c. cashew nuts |

Mix ingredients together. Top with buttered bread pieces. Cover. Bake for 1 hour at 325°.

Nancy Chatterton

TUNA TWIRLS

- | | |
|-------------|--------------------------|
| 2 c. flour | 3 1/2 tsp. baking powder |
| 1 tsp. salt | 2 tsp. sugar |

Filling:

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|---------------------------|-------------------|
| 1 (4 1/2 oz.) can
tuna | 1/2 c. shortening |
| 1/8 tsp. pepper | 1 beaten egg |

To the 1st four ingredients, cut in 1/2 cup shortening. To the beaten egg, add enough milk to make 3/4 cup. Add to flour mix. Knead on lightly floured board. Roll out to 10x12 inches. Prepare the filling and spread over dough and roll like a cinnamon roll. Bake until golden brown, about 10-15 minutes in a 350°F. oven. Make a white sauce and add 1/2 cup grated cheese. Pour over top. Slice and serve.

Carol Johnson

ITALIAN DISHES

CANNELLONI-STYLE CREPES

- | | |
|--|--|
| 1 c. small curd cottage
cheese | 2 Tbsp. butter or margarine,
softened |
| 1 (3 oz.) pkg. cream
cheese, softened | 2 Tbsp. chopped parsley |
| | 1 egg, beaten |

1 Tbsp. green onion
1/8 tsp. salt
8 cooked crepes

1 (15 oz.) can spaghetti
sauce or 1 batch of
homemade
1/4 c. grated Parmesan cheese

In medium bowl, combine cottage cheese, cream cheese, butter, parsley, egg, green onion and salt. Spoon 3 table-
spoons of cheese mixture into center of each cooked crepe;
roll up; place in shallow baking pan. Pour spaghetti sauce
over filled crepes; sprinkle with Parmesan cheese. Bake in
350° oven for 20-30 minutes. Makes 8 crepes.

Cheryl Bernhardt

QUICK CHICKEN CACCIATORE

1 fryer or chicken
parts
1 sliced onion
2 Tbsp. oil
1 envelope spaghetti
sauce mix

1 tsp. oregano
Salt and pepper
1 (6 oz.) can tomato paste
1 1/2 c. water
1 bay leaf
1 (4 oz.) can mushrooms

Brown chicken and sliced onion in heavy skillet in oil.
Combine sauce and paste and water. Add mushrooms and
pour over chicken. Bring to boil. Add bay leaf and
oregano, salt and pepper. Cover and cook slowly about 45
minutes or until chicken is tender. Serve over cooked
spaghetti.

Theda Johnson

CHICKEN CACCIATORE

2 lb. chicken parts
2 Tbsp. shortening
1 can tomato soup
1/4 c. dry red
cooking wine

1/2 c. chopped onions
2 large cloves garlic
1 tsp. oregano
1/4 tsp. sage
1/2 medium green pepper
(strips)

In skillet, brown chicken in shortening. Pour off fat.
Add all ingredients except pepper. Cover; cook over low
heat, 45 minutes, stirring occasionally. Top with green
pepper strips.

Colleen Welch

ITALIAN MEAT LOAF

1 lb. ground beef	1/4 c. catsup
1 small onion or dried onions	1/4 tsp. oregano, ground
1 c. grated sharp cheese	1/4 tsp. sage, ground
1 egg	1/4 c. A-1 sauce
	1/2 tsp. salt
	1/2 tsp. pepper

Mix all ingredients together. Form in a loaf pan and bake for 45 minutes at 350°. Remove from oven. Drain off as much grease as possible. Add 1 cup Ragu marinara sauce. Pour over meat loaf. Sprinkle 1/2 cup Monterey Jack cheese over Ragu sauce. Bake at 350° for 20 minutes longer.

Pat Swenson

ITALIAN PORCUPINE MEATBALLS

1 1/2 lb. ground beef	1 c. cracker or bread crumbs
1 c. Minute rice, uncooked	1 small onion, chopped
2 eggs	1 Tbsp. Italian seasoning
	2 Tbsp. cumin or comino (Italian sage)

Mix and shape into balls. Pour 1 quart tomato juice or 2 cans tomato soup over meatballs. Bake covered in oven at 375° for 1 1/2 hours.

Vickie Lund, Barbara Baxter

ITALIAN SUPPER CASSEROLE

6 lasagne noodles	1 lb. can tomatoes (2 c.)
1 lb. ground beef	1 (8 oz.) pkg. cream cheese
1 pkg. sloppy Joe mix	Sliced olives

Cook noodles as directed. Drain and rinse; brown beef and drain. Sprinkle sloppy Joe mix over meat; add tomatoes and blend well. Whip cream cheese. In buttered baking dish, make 2 layers each of noodles, meat and dollops of cream cheese. Garnish with olives. Bake at 350° for 20 minutes.

LuDean Jensen

LASAGNA

Brown 1 pound ground beef. Add:

- | | |
|------------------------|----------------------------|
| 1 clove garlic or | 1 Tbsp. basil |
| 1/8 tsp. garlic | 2 tsp. salt |
| powder | 2 1/2 c. or 1 qt. whole |
| 1 Tbsp. parsley flakes | tomatoes |
| | 1 (6 oz.) can tomato paste |

Simmer uncovered for 1 hour, stirring occasionally. Cook in salted water until tender, one (8-10 ounce) package lasagna noodles. Drain and rinse in cold water. Combine 1 large carton cottage cheese, 4 beaten eggs, 1/2 teaspoon pepper, 2 tablespoons parsley flakes and 1/2 cup grated Parmesan cheese. Grate at least one pound Mozzarella cheese. (The more, the better.) In 13x9x2 inch baking dish, layer 1/2 noodles, 1/2 cottage cheese mixture, 1/2 Mozzarella cheese and 1/2 meat mixture. Repeat layers. Bake at 375° for 30 minutes.

Vickie Lund, Barbara Baxter

LASAGNA

- | | |
|------------------------|--------------------------|
| 1 lb. Italian sausage | 1 lb. Mozzarella cheese, |
| 1 clove garlic, minced | grated |
| 1 tsp. whole basil | 10 oz. wide noodles |
| 1 1/2 tsp. salt | 3 c. cottage cheese |
| 1 (1 lb.) can tomatoes | 1/2 c. grated Parmesan |
| (2 c.) | cheese |
| 2 (6 oz.) cans tomato | 2 Tbsp. parsley flakes |
| paste | 2 beaten eggs |
| | 1 tsp. salt |
| | 1/2 tsp. pepper |

Brown meat slowly; spoon off fat. Add next 5 ingredients. Simmer uncovered 30 minutes. Stir occasionally. Cook noodles in salted water; rinse; drain. Combine remaining ingredients except Mozzarella cheese. Place 1/2 noodles in 13x9x2 inch pan. Spread with 1/2 the cottage, then 1/2 the Mozzarella and 1/2 meat sauce. Repeat layers. Bake at 375° for 30 minutes. Let stand 10 minutes before cutting. If prepared ahead and refrigerated, cook 15 minutes longer.

Lois Salmon

CHICKEN LASAGNA BAKE

- | | |
|--|---|
| 1 whole chicken | 1/2 c. chopped pimento |
| 8 to 10 (8 inch) flour tortillas | 1 lb. Jack cheese, grated |
| 5 oz. can green chili peppers, drained and chopped | 1 c. chopped black olives |
| | 2 cans cream of mushroom or cream of chicken soup |

Simmer chicken until tender; debone chicken and dice meat. Arrange half of tortillas in greased 9x13 inch pan; overlap as needed to cover bottom. Top with half layer of chicken and half of cheese. Add a layer of peppers, pimentos, olives and soup. Repeat layers, ending with cheese. Bake uncovered at 350°, 35 to 45 minutes or until cheese is golden brown. Cut in squares to serve.

Carolyn Curtis

HOMEMADE PIZZA

- | | |
|------------------------------|--|
| 1 1/4 tsp. yeast | 1/2 jar Ragu pizza sauce |
| 1/2 c. and 1/4 c. warm water | Sausage or pepperoni or hamburger or ham |
| 1/2 tsp. sugar | 1 lb. Mozzarella cheese |
| 1/8 c. salad oil | Green peppers, olives, onion, mushrooms |
| 2 c. flour | |

Soak yeast in water. Add sugar. Let set 5-10 minutes. Add salt, oil, flour; mix. (Add flour, little at a time with mixer, till too stiff with mixer.) Knead in the rest of flour. Keep dough soft. Let rest 5-10 minutes. Stretch into large, greased pizza pan. Bake at 425° for 8 minutes, then take out of oven; pop any bubbles with a spoon and add sauce, cheese, meat, etc. Put back into oven for 15 minutes or till bubbly.

Ruth Giles

REX'S FAMOUS PIZZA

Dough:

1/4 c. warm water
1 pkg. dry yeast
1/4 c. olive oil
1 c. flour

1/4 tsp. pepper
1 c. warm milk
1 tsp. sugar
3-4 c. flour

Sauce:

15 oz. tomato sauce
1 Tbsp. water
1 tsp. oregano
1 tsp. sugar

1/2 tsp. basil
8 oz. Mozzarella cheese;
8 oz. Provolone cheese,
grated together

Dough: Combine water and yeast and dissolve. Add oil, 1 cup flour and pepper and mix well. Add milk and sugar and remaining flour (1 cup at a time) until a very stiff dough is formed. Knead 5-10 minutes and let raise for 30-45 minutes.

Sauce: Boil ingredients together and cool to lukewarm. Spread dough on two greased, round pizza pans. Divide sauce in half and spread over the two dough-lined pans. Top with desired ingredients and then sprinkle with combined cheeses. Place desired meat on top of cheese and bake at 400° for 20 minutes.

Shauna Maughan

FRENCH BREAD PIZZA

1 loaf French bread,
cut in 1/2 lengthwise
1 jar mild cheese
spread (Cheese Whiz)
Sausage, ham, hamburger
(all previously cooked)

2 small cans mushrooms
1 tsp. oregano
1 can tomato paste
Chopped olives
3/4 c. chopped green onions
3 Tbsp. salad oil

Spread cheese, paste and remaining ingredients. Make sure cheese goes clear to edge of bread so the bread won't get soggy. Drizzle oil over all. Bake at 325° for 20 minutes. Serves 8.

Pat Woodall

PIZZA POTATOES

1 pkg. scalloped potatoes	1 (4 oz.) pkg. sliced pepperoni
1 (16 oz.) can tomatoes	1 (4 oz.) pkg. shredded
1 1/2 c. water	Mozzarella cheese
1/4 tsp. oregano leaves	

Heat oven to 400°. Empty potatoes and packet of seasoned sauce mix into ungreased 2-quart casserole. Heat tomatoes, water and oregano to boiling; stir into potatoes. Arrange pepperoni on top and sprinkle with cheese. Bake uncovered, 30 to 35 minutes. (4 servings.) You can also substitute 1/2 pound ground beef or 1/2 pound ground sausage, browned and drained, for pepperoni.

Carol Cetraro

SPAGHETTI SAUCE

1/4 c. margarine	Pinch of sage
1 qt. whole tomatoes	1/2 tsp. salt
15 oz. tomato sauce	1/8 tsp. pepper
12 oz. tomato paste	1/2 c. Parmesan cheese
1 tsp. basil	Chopped onion and garlic to
1 tsp. oregano	taste
1 tsp. thyme (powder)	

Combine all ingredients except Parmesan cheese and simmer for 1 hour. Put in pint or quart jars and hot water bath to seal 25 minutes for pints, 30 for quarts.

Ruth Dallas

TUNA TETRAZZINI

1 (14 oz.) pkg. spaghetti	1 small onion
1 can tuna fish	1/2 c. water
1/4 c. pimento	1 can cream of mushroom soup
1/4 c. green pepper, chopped	1 3/4 c. grated sharp cheese
	Salt
	Pepper

Break spaghetti in pieces and cook until tender. Rinse and drain; put tuna, pimento, green pepper and chopped

onion in casserole dish. Mix water and soup and add to tuna mixture. Add 1 1/4 cup cheese, spaghetti and seasonings to taste. Toss together. Lightly sprinkle top with remaining cheese. Bake at 350° for 30 minutes.

Mary Horne

MEXICAN DISHES

CHILI

1 lb. ground beef	1/2 c. liquid (water)
1 c. celery, sliced	2 Tbsp. chili powder
1 lb. can tomatoes	1 tsp. salt
1 c. onion, diced	1/2 tsp. pepper
1/2 green pepper, diced	1 large can <u>or</u> 2 small cans
1 (4 oz.) can mushrooms	kidney beans

1. Brown hamburger in pressure cooker (drain, if necessary). 2. Add celery, onion, green pepper and saute. 3. Add tomatoes, liquid from mushrooms and beans. 4. Add spices. 5. Cook for 25 minutes at 10 pounds pressure. 6. Cool in cold water. 7. Add beans, mushrooms and heat through.

Elaine Gamble

CHILI VERDE

5 lb. pork (roast or chops)	1 large onion
1 can green chili	1 large tomato
1 can tomatoes and green chili	2 cloves garlic
	2 tsp. salt

May use leftover pork roast--just don't simmer as long. Pork, cubed and browned. Add all other ingredients and simmer on very low heat for 2 to 3 hours. Thicken with 1 tablespoon cornstarch (mix cornstarch and water to make thickening). Place mixture in floured tortillas and on top of burrito. Garnish with sour cream.

Kathy Brewster

CHICKEN CHULA BOATS

- | | |
|------------------------------------|------------------------------|
| 1 cooked chicken, cut
off bones | Jack cheese |
| 2 c. cream of chicken
soup | 1 c. chopped olives |
| 2 onions, grated | 1/2 c. milk |
| 1 garlic, squeezed | 2 doz. corn tortillas |
| Cheddar cheese | 1 pt. sour cream |
| | 1 can Ortega chiles, chopped |

Mix chicken (can use turkey), 1 onion, olives and grated cheese together. Put mixture into tortillas and roll up. Mix together soup, chiles, milk, sour cream, garlic and onion and heat until warm. (Dip tortillas in mixture to soften before filling.) Place filled tortillas in baking dish. Pour sauce over them and sprinkle with grated cheese. Bake at 350° for 1/2 hour to 45 minutes.

Cheri Fisher

CHICKEN ENCHILADAS

- | | |
|------------------------------|---|
| 1 whole chicken | 2 Tbsp. chili powder |
| 3 or 4 stalks celery | 2 pkg. corn tortillas |
| 2 onions, salt and
pepper | Grated cheese, chopped onions
and olives |
| 2/3 c. margarine | 4 c. chicken stalk |
| 1 c. flour | 2 c. tomato juice |
| 2 tsp. garlic powder | Onion salt |

Boil chicken, celery and onion (plus salt and pepper) together. Save stalk! Bone chicken and cut in small pieces. Make paste in saucepan out of margarine, flour, garlic powder and chili powder. Slowly add chicken stalk (with onions and celery still in it) and tomato juice and onion salt, stirring till thickened. Quickly dip tortillas in hot oil, then in sauce. Put in chicken, onion, cheese and olives. Pour leftover sauce, onions and cheese on top. Bake at 300°, 20 minutes.

Cheryl Bernhardt

CHICKEN ENCHILADAS

- | | |
|------------------------|---------------------------|
| 4 or 5 chicken breasts | Tbsp. margarine |
| 1 small onion | 1 can cream mushroom soup |

1 can cream chicken
soup
1 c. chicken broth
Raw mushrooms
Black olives

1/2 hot jalapeno pepper
Large floured tortillas
Mild enchilada sauce
Cheddar cheese
Monterey Jack cheese

(Four or 5 boiled chicken breasts.) Soup mixture:
1 tablespoon margarine, 1 small onion, diced and browned in
margarine, 1 can cream mushroom soup, 1 can cream chicken
soup, raw mushrooms and olives, sliced, 1/2 jalapeno pepper,
1 cup chicken broth.

In large, floured tortillas, put soup mixture, mild
enchilada sauce and both cheeses; roll up and place in baking
dish; pour remaining enchilada sauce over and top with more
cheese. Bake at 350° for 20 to 25 minutes. Garnish with
sour cream and avocados.

Kathy Brewster

CHICKEN ENCHILADAS CASSEROLE

1 doz. corn tortillas
1 diced onion
2 lb. grated cheese
1 can Campbell's cream
of chicken,
mushroom or Cheddar
plus 1 can milk

Diced chicken, cooked
(1 c.)
1 c. sour cream
Peeled and diced green chili

Fry tortillas lightly in oil. Insert onion and most of
cheese. Roll and place in flat casserole dish. Heat soup;
add 1 can milk, sour cream, chiles and diced chicken. Pour
over tortillas. Sprinkle with cheese and bake at 350° until
bubbly.

Martha Hadden

ENCHILADAS

1 lb. hamburger
1/2 onion
1 pkg. flour tortillas
1 can green chilies
1 can cream of chicken
soup

1 can mild enchilada mix
1 lb. cheese
1 can tomato sauce
1/2 head lettuce

Brown hamburger. Salt and pepper. Place hamburger in shells. Sprinkle over finely chopped green chilies (sprinkle lightly as chilies are hot). Mix 1 can enchilada sauce with 1 can tomato sauce. Pour over top of meat (until moist). Grate 1 pound cheese; sprinkle 1/2 pound cheese over top. Roll tortilla and put toothpick through to hold together. Lay in pan. Pour over 1 can of chicken soup. (Mix soup with 1/2 can milk and heat first.) Top with rest of cheese. Bake at 325° for 20 minutes. Chop lettuce over top. Yield: 8-9 enchiladas.

Karen Mahon

SOUR CREAM ENCHILADAS

1:

1 c. sour cream	2 small cans chopped green
2 cans cream of	chilies
chicken soup	
1 small onion, chopped	12 corn tortillas
2 - 2 1/2 c. grated	
Cheddar cheese	

Heat group one together in saucepan. Deep fat fry tortillas till soft, 5-10 seconds each side; put in small amount of onion, 2 tablespoons cheese and 2 tablespoons cream mixture and roll up. Place all 12 in 9x12 inch baking dish and cover with rest of cream mixture. Top with grated cheese and cover with foil. Bake at 350° for 15-20 minutes.

Patty Startin

SOFT SHELL TORTILLA

4 c. flour, unsifted	1 tsp. heaping spoonful
4 tsp. baking powder	shortening
2 tsp. salt	3 c. water (must be very warm)

Place griddle on stove to heat, medium to medium-high. Mix flour, baking powder, salt; mix well. Add shortening; add water gradually; mix with flour mixture till dough is

soft. Make small balls of dough for size of soft shell. Roll out dough; place on medium to medium-high griddle. Turn till it has a nice color; do not leave on for more than five minutes or it will burn.

Linda Dominguez

SOUP TACOS

2 lb. ground beef
(seasoned with
Schillings taco mix)
Flour tortillas, fried
in oil
Chopped lettuce and
tomatoes

1 lb. Cheddar cheese,
grated
3 (10 oz.) cans or 1 large
can tomato soup, thin
slightly with 1/4 can water

Place in blender with little water; puree:

1 onion, cut up

1 green pepper, cut up

Dump onion and green pepper into large pan. Add soup and simmer 1/2 to 1 hour, until thickens. Push tortilla in sauce to coat. Place on plate. Add meat mixture, cheese, tomatoes and lettuce. Place another coated tortilla on top. Sprinkle cheese and add 1 teaspoon soup sauce to melt cheese. Serve.

Vickie Lund, Barbara Baxter

TACO FILLING

1 lb. hamburger
2 tsp. oregano
2 tsp. cumin
2 tsp. garlic, minced
(or salt)

1 tsp. onion, minced (or salt)
1/2 tsp. salt
1/2 tsp. pepper
3 c. water

Cook meat in medium pot with 3 cups water with salt, pepper till meat is brown and in very small crumbs; add oregano, cumin, garlic, onion. Cook for at least 20 to 30 minutes on top of stove. After all cooked, place meat in on soft shell; add cheese, lettuce and tomatoes to one's liking.

Linda Dominguez

TACO CASSEROLE

1 (8 oz.) pkg. shell
macaroni
1/2 envelope taco
seasoning mix
1 lb. hamburger

1 (6 oz.) can tomato paste
1 (8 oz.) can tomato sauce
1 (16 oz.) cottage cheese
1/2 c. grated Monterey Jack
cheese

Cook macaroni as package label directs; drain. Meanwhile, prepare seasoning mix with cooked hamburger, sauce, paste and 1-1/4 cups water; simmer for 15 minutes. Preheat oven to 350°. In 2 quart casserole--9x13 inch pan, layer macaroni, then cottage cheese and then meat sauce. Top with Monterey Jack cheese. Bake uncovered, 40 to 50 minutes or until bubbling.

Kathie Cutler

TACO SALAD CASSEROLE

1 head lettuce
3-4 tomatoes
1 onion
1 pt. Thousand Island
dressing

1 large bag taco chips
1 lb. hamburger
1 large can red kidney beans
1 avocado
1 can olives, pitted

Make a salad using lettuce, tomatoes, avocado, olives; toss with Thousand Island dressing. In a separate pan, brown hamburger and onion, then pour in kidney beans; simmer 10 minutes. Just before serving, crunch up bag of chips and add to salad and mix in hamburger and beans.

Vickie Reading

TACO PIE

1 lb. hamburger
Pkg. taco mix
Onions (1/2 c.)
4 oz. can green chiles
3/4 c. Bisquick
3 eggs

1 1/4 c. milk
Cheese
Lettuce
Tomatoes
Sour cream
Nacho cheese Doritos

Brown hamburger with package taco mix and onions. Pour into 10 inch pie plate; add green chiles. Mix Bisquick, eggs and milk. Pour over top of hamburger. Bake at 400°, 25 minutes. Add grated cheese. Cook another 10 minutes. Make salad--lettuce, tomatoes, etc. Top with sour cream and Nacho cheese Dorito chips.

Cheri Fisher

WALKING TACOS

1st layer:

1 large can refried beans 1 pkg. taco seasoning

Mix together and spread in 9x13 inch glass dish.

2nd layer:

3 large avocados, 1 c. sour cream
mashed

Mix together and spread on beans.

3rd layer: Sprinkle on each ingredient in order:

1 small can diced green chili	1 regular green pepper, diced
4 green onions, diced	1 small can olives, sliced (save some for top)

4th layer:

Mild Cheddar cheese, grated	Monterey Jack cheese, grated
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Mix together and sprinkle on.

5th layer:

Tomatoes, chopped	Sour cream (about 1 1/2 c.)
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Sprinkle on the tomatoes; spread sour cream like icing. Top with olive slices to garnish. Serve with Fritos or corn chips.

Carol Johnson

MEXICANO BEEF & RICE

- | | |
|--|---|
| 1 lb. hamburger | 1 Tbsp. chili powder |
| 2 c. cooked rice
(2/3 c., uncooked) | 1 1/2 tsp. salt |
| 1 (12 oz.) can whole
kernel corn, drained | 1/4 tsp. each pepper and
garlic powder |
| 1 c. finely chopped
onions | 1 qt. bottled tomatoes or 16 oz.
can |
| | 1 c. grated Cheddar cheese |

Cook hamburger, browned lightly; combine all ingredients except cheese. Mix well. Turn into a greased 2 quart shallow pan. Cover all; bake at 375° for 25 minutes. Remove cover and bake 20 minutes longer. Sprinkle with cheese and serve with corn chips and raw onion rings. Makes 6 servings.

Sue Davis

SPANISH DISH FROM NEW MEXICO

- | | |
|--------------------------------|------------------------|
| Chopped lettuce or
shredded | Catsup (optional) |
| 1 lb. hamburger | 1/2 green pepper |
| 1 pkg. Fritos | 1 c. celery, chopped |
| Chili powder to taste | 2 c. grated cheese |
| 2 cans tomato sauce | 1 large onion, chopped |
| 1 can tomato paste | Seasoning to taste |

Saute onions, pepper, celery and hamburger until well done and brown. Then add tomato sauce and chili powder. Pour all at once over generous helping of Fritos. Sprinkle with grated cheese and chopped lettuce.

Melva Ashby

ORIENTAL DISHES

CHICKEN CHOW MEIN

- | | |
|------------------------------------|----------------------------|
| 1/4 c. chopped onion | 2 Tbsp. margarine |
| 1/4 lb. fresh mushrooms,
sliced | 2 c. sliced celery |
| | 1 c. bean sprouts, drained |

3 Tbsp. soy sauce
1 Tbsp. sugar
1/2 tsp. salt

3 Tbsp. water
2 Tbsp. cornstarch
1 1/2 c. cut-up chicken

In large skillet, cook in butter and stir onions, mushrooms, celery until tender. Add 2 cups water. Add bean sprouts, soy sauce, sugar and salt. Heat to boiling and simmering 15 minutes--uncovered. Blend cornstarch and water. Put into mixture. Boil till thick. Add chicken and serve over rice and chow mein noodles. Serves 4-5.

Ruth Dallas

CHICKEN TERIYAKI

1 chicken, cut up
3/4 c. soy sauce
2/3 c. sugar

2 slices lemon
1 clove garlic
1 tsp. grated ginger

Combine sugar, soy sauce, lemon, garlic and ginger in frying pan and bring to boil. Put in chicken and cook until done, turning over frequently. Keep lid on pan for the first 20 minutes so as to thicken the sauce while chicken is cooking. Your chicken when done should have a beautiful glaze.

Michi Matsumori

CHINESE HAMBURGER

1 lb. ground beef
2 medium onions,
chopped
1 can cream of
mushroom soup

1 can cream of chicken soup
1 1/2 c. warm water
1/2 c. uncooked rice
1/4 c. soy sauce
1 can Chinese noodles

Brown meat and add onions, soup and water. Add rice and soy sauce. Turn into casserole dish. Cover for first half hour at 350°, Then remove cover and cook another half hour. Serve with Chinese noodles. Serves 6-8.

Penny Lundquist

CHINESE PEPPER STEAK

1 lb. round steak	3/4 c. water
2 Tbsp. salad oil	4 tsp. soy sauce
1 medium onion, sliced	1/2 tsp. ginger
1 green pepper, sliced	3 c. rice
1 envelope "Au Jus" gravy mix	

Cut meat in half, lengthwise with a sharp knife, then crosswise into thin slices. (The meat is easier to cut when partially frozen.) Cook meat, onion and pepper in hot oil until meat is browned. Stir in other ingredients except rice. Cook 5 minutes. Serve over rice. Yummy!

Dana Tye

CHOY NOODLE CASSEROLE

1 can Choy noodles	1/2 tea cup water
1 can cream of mushroom soup	1/4 c. chopped onions
1 can tuna fish	1 c. celery, chopped
	1/4 c. cashew nuts

Mix together and bake 40 minutes at 350°.

Vickie Reading

EGG FU YUNG

1 pkg. Rice-A-Roni	1 bunch green onions, diced
6 eggs	Soy sauce
1 (16 oz.) can bean sprouts	

Prepare rice according to package directions. Cool; beat eggs with 1 tablespoon soy sauce, 1/2 teaspoon salt, dash pepper. Stir in rice, drained sprouts and onions. Drop mixture onto hot griddle. Brown on both sides.

Sauce:

2 Tbsp. cornstarch
2 Tbsp. soy sauce

2 c. water

Cook until thick. Pour over Egg Fu Yung.

Leslie Moore

JAPANESE DINNER

Minute rice
Chow mein noodles
Chicken, boiled,
 boned and cut
 into small pieces
Gravy (cream of
 chicken soup,
 diluted with
 chicken broth)

Tomatoes, diced
Celery, cut fine
Crushed pineapple
Grated Cheddar cheese
More gravy
Slivered almonds
Shredded coconut
Maraschino cherries

Put on plate with first ingredient on the bottom and then build on top of rice in the above order, the rest of the ingredients. Serve with French bread.

Marsha Bills

ORIENTAL-GLAZED CHICKEN

2 1/2 - 3 lb. chicken,
 cut up
1/3 c. soy sauce
2 Tbsp. salad oil
2 Tbsp. chili sauce

1/2 c. honey
1 tsp. salt
1/2 tsp. ginger
1/4 tsp. garlic powder
1/4 tsp. cayenne pepper
 (if desired)

Wash chicken and pat dry. Mix remaining ingredients; pour over chicken; refrigerate at least 1 hour or longer, turning chicken occasionally. Heat oven to 375°. Remove chicken, reserving marinade. Place chicken on rack in foil-lined broiler pan. Bake 30 minutes; brush with reserved marinade; turn chicken. Bake 30 minutes longer or until tender; brush occasionally with marinade.

Lynn VanderWerff

SHANGHAI RICE

1 lb. pork, diced	1/8 tsp. pepper
2 Tbsp. shortening	1/4 c. soy sauce
3 c. celery, chopped	1/4 c. water
1 c. onion, minced	2 c. rice
1 1/2 c. carrots, sliced	4 c. water
1 c. salted peanuts	

Saute meat in shortening. Add remaining ingredients, except rice and water. Simmer, covered, for 25 minutes. Cook rice according to directions on box. Combine rice and meat mixture. Toss lightly. Serve immediately.

Kathi Hanna

SHRIMP CHINESE

3 cans condensed cream of shrimp soup	1 (6 oz.) can cashews
1 soup can milk or cream	1 (4 oz.) can pimientos, chopped
3 c. chopped celery	1 (5 oz.) can water chestnuts, sliced
1 c. chopped onion	2 cans (7 oz. each) shrimp, drained
1 c. water	2 cans (3 oz. each) Chinese noodles
1 (4 oz.) can sliced mushrooms	

Combine soup and milk. Stir until blended. Cook celery and onion in water until almost tender. Drain; stir into soup. Add remaining ingredients, except the noodles. Heat; spread half the noodles in bottom of a 13x9 inch casserole. Add hot shrimp mixture. Top with remaining noodles. Bake at 350°F. for 30 minutes.

Kathi Hanna

SHRIMP FOO-YUNG

Batter:

8 eggs	1 medium onion, chopped
1 pinch Accent	1/2 c. celery, chopped

1 medium green pepper,
chopped
1 can shrimp or tuna

1 can bean sprouts
1/2 tsp. salt
1/4 c. Bisquick

Gravy:

2 c. water
2 Tbsp. soy sauce
2 Tbsp. cornstarch

2 chicken bouillon cubes
2 tsp. sugar

Beat eggs; add all other batter ingredients. Stir in Bisquick last. Fry like pancakes in hot oil.

Gravy: Boil water; dissolve bouillon and add sugar and soy sauce. Dissolve cornstarch in 1/2 cup cold water. Add to gravy and bring to boil.

Kate Jewkes

SWEET AND SOUR

1 to 2 lb. stew
meat or rib steak,
cut into bite-size
pieces

1 c. brown sugar
1 c. catsup
2 to 3 Tbsp. vinegar

Brown stew meat and simmer for 2 1/2 hours in 2 to 3 cups water (depending on how much meat you use). Add brown sugar, catsup and vinegar to the meat and water after simmering. Thicken with cornstarch just before serving. (Pour over rice.)

Brenda Elison

SWEET AND SOUR CHICKEN

3 lb. cut-up chicken

Garlic salt

Sauce:

3/4 c. sugar
1/4 c. catsup
1 tsp. soy sauce

1/4 tsp. salt
1/2 c. vinegar
1/4 c. chicken stock
(bouillon cube)

Sprinkle garlic salt on chicken; set aside and mix sauce ingredients together. Dip chicken into cornstarch, then dip into beaten eggs. Fry until golden brown. Put in flat pan and pour sauce over chicken. Bake in 350° oven about 1 hour, turning over a few times.

Note: This is very tasty using chicken wings!!

Michi Matsumori

SWEET & SOUR PORK

- | | |
|---|---|
| 1 can pineapple chunks,
drained (reserve
juice) | 1 lb. pork or chicken, cut into
bite-size pieces |
| 1 green pepper, cut
into 1 inch cubes | 1 can Mandarin oranges |
| | 2 carrots, sliced very thin on
a diagonal |
| | Rice |

Dip pork or chicken pieces in egg and flour and fry in a little oil until cooked. Make sweet and sour sauce by mixing 1/2 cup vinegar, 1/2 cup white or brown sugar, 1/3 cup pineapple juice, 1/4 cup catsup and 1 teaspoon soy sauce. Bring to a boil and add 2 tablespoons cornstarch mixed with 2 tablespoons water; continue to stir and boil until it darkens a little. Put above ingredients into sauce and continue cooking until everything is hot. Serve over rice.

Lynn VanderWerff

VEGETABLE CASSEROLE

GREEN BEAN CASSEROLE

- | | |
|---|--|
| 1 (10 oz.) pkg. frozen
French cut green
beans | 2 Tbsp. soy sauce |
| 1 Tbsp. margarine | 1 c. dairy sour cream |
| 1 Tbsp. flour | 2 c. diced ham |
| 3/4 c. milk | 1 (5 oz.) can water chestnuts,
drained and sliced |
| | 1/2 c. buttered bread crumbs |

Pour boiling water over beans to thaw. Drain. Make white sauce from margarine, flour and milk. Add soy sauce

and sour cream. Mix beans, water chestnuts and ham in a casserole. Pour sauce over them. Sprinkle bread crumbs on top. Bake at 350° for 30 minutes.

Kate Jewkes

MACARONI LOAF WITH CREOLE SAUCE

Grease a loaf pan for 1 quart. Heat over boiling water a mixture of 1 cup cheese, 3/4 cup milk, 1/2 cup water, 1/2 teaspoon dry mustard, 1/2 teaspoon salt. Stir until cheese melts, then stir into 2 slightly beaten eggs. Fold in 3 cups cooked, drained macaroni. Pour into loaf pan and set in larger pan holding 1/2 inch water. Bake at 350°F. oven about 1 hour or until set.

Sauce: Cook slowly 5 minutes, 1/2 cup green pepper, diced, 2 tablespoons onion, diced, 4 teaspoons shortening; sprinkle of salt. Stir in 1/2 cup tomato soup and a small amount of pepper. Boil 1 minute, stirring occasionally. Serve over loaf.

Theda Johnson

POTATO CASSEROLE FROM PERU

Six medium potatoes, cooked in skins (not mushy); cool; coarsely grate. Put in bottom of buttered casserole or 9x13 inch pan. Mix following items together:

1/4 c. melted butter

1 can cream of
chicken soup

1/2 pt. sour cream
(not imitation)

1/3 c. finely chopped onion

1/2 c. grated sharp Cheddar
cheese

Pour and smooth over top of potatoes.

Topping: Crush enough corn flakes to make 2 cups when crushed; 1/2 cup butter, melted. Mix corn flakes and butter. Sprinkle over top of casserole. Bake at 350° for 30-40 minutes.

Melva Ashby

RICE-CHEESE CASSEROLE

1 c. Minute rice, cooked (or 1/3 c. more)	1 box chopped broccoli (frozen), cooked 3 minutes
1 can mushroom soup	1/2 lb. Cheese Whiz
	1/3 - 1/2 can Mexican green chilies

Mix and bake in 1 1/2 quart casserole at 350° for 30-40 minutes. Serves 6 or 8.

Judy Mortimer

SCALLOPED POTATOES WITH MEAT

1 can Cheddar cheese soup	4 c. thinly sliced potatoes
1/2 c. milk	1/2 c. thinly sliced onion
	1 can Spam, cut in strips

Blend soup and milk. In a buttered, 2-quart casserole, arrange alternate layers of potatoes, onion and soup mixture and meat. Sprinkle with paprika. Cover; bake at 375° for 1 hour or until done. Uncover and bake for 15 minutes longer.

Vicki Bollschweiler

SPINACH CASSEROLE

2 pkg. frozen, chopped spinach	1 c. grated sharp cheese
1 c. mayonnaise	Salt to taste
1 c. chopped onions, sauteed	Pepper to taste
	1 c. crushed croutons or buttered bread crumbs

1. Precook spinach and drain well. 2. Add all of the above ingredients; mix well. 3. Top with croutons. 4. Bake at 350° for 30 minutes. Serves 6 people.

Lauri Patel

ZUCCHINI CHEESE CASSEROLE

2 lb. zucchini	2 onions, finely chopped
2 eggs, beaten	1 tsp. dry mustard
1 (16 oz.) ctn. low-fat cottage cheese	2 Tbsp. snipped chives
1 c. cooked rice	Freshly ground pepper
	1/4 c. grated Parmesan cheese

Wash zucchini; remove stems and blossom ends, but do not pare. Cut into 1/2 inch slices. Heat water (1 inch) to boiling. Add zucchini; cover; heat to boiling; cook until tender, 12 to 15 minutes. Drain. Heat oven to 350°. Mix eggs, cottage cheese, cooked rice, onions, mustard and chives. Season with pepper. Place 1/2 in greased 1 1/2 quart casserole. Top with 1/2 the rice mix. Repeat layers and sprinkle with Parmesan cheese. Bake 45 minutes. Makes 4 servings.

Suzanne Olsen

** NOTES **

** NOTES **

Breads, Rolls, Pastries



EQUIVALENT CHART

3 tsp.	1 tbsp.	2 pt.	1 qt.
2 tbsp.	1/8 c.	1 qt.	4 c.
4 tbsp.	1/4 c.	5/8 c.	1/2 c. + 2 tbsp.
8 tbsp.	1/2 c.	7/8 c.	3/4 c. + 2 tbsp.
16 tbsp.	1 c.	1 jigger	1 1/2 fl. oz. (3 tbsp.)
5 tbsp. + 1 tsp.	1/3 c.	2 c. fat	1 lb.
12 tbsp.	3/4 c.	1 lb. butter	2 c. or 4 sticks
4 oz.	1/2 c.	2 c. sugar	1 lb.
8 oz.	1 c.	2 2/3 c. powdered sugar	1 lb.
16 oz.	1 lb.	2 2/3 c. brown sugar	1 lb.
1 oz.	2 tbsp. fat or liquid	4 c. sifted flour	1 lb.
2 c.	1 pt.	4 1/2 c. cake flour	1 lb.
3 1/2 c. unsifted whole wheat flour	1 lb.	4 oz. (1 to 1 1/4 c.) uncooked	
8 to 10 egg whites	1 c.	macaroni	2 1/4 c. cooked
12 to 14 egg yolks	1 c.	7 oz. spaghetti	4 c. cooked
1 c. unwhipped cream	2 c. whipped	4 oz. (1 1/2 to 2 c.) uncooked	
1 lb. shredded American cheese	4 c.	noodles	2 c. cooked
1/4 lb. crumbled blue cheese	1 c.	28 saltine crackers	1 c. crumbs
1 lemon	3 tbsp. juice	4 slices bread	1 c. crumbs
1 orange	1/3 c. juice	14 square graham crackers	1 c. crumbs
1 lb. unshelled walnuts	1 1/2 to 1 3/4 c. shelled	22 vanilla wafers	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat.
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour.
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar.
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda.
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs.
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cups milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs.
- 1/2 cup **evaporated milk** and 1/2 cup **water** or 1 cup **reconstituted nonfat dry milk** and 1 tablespoon **butter** = 1 cup whole milk.
- 1 package **active dry yeast** = 1 cake compressed yeast.
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion.
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard.
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic.
- 1 lb. **whole dates** = 1 1/2 c. pitted and cut.
- 3 medium **bananas** = 1 c. mashed
- 3 c. **dry corn flakes** = 1 c. crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300° F.
Slow oven	300° to 325° F.
Moderate oven	325° to 375° F.
Medium hot oven	375° to 400° F.
Hot oven	400° to 450° F.
Very hot oven	450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1 1/4 cups
No. 300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

BREADS, ROLLS, PASTRIES

BREADS

ALL-PURPOSE CREPES

4 eggs	2 1/4 c. milk
1/4 tsp. salt	1/4 c. melted butter or
2 c. flour	margarine

In mixing bowl, combine eggs and salt. Gradually add flour alternately with milk, beating with an electric mixer or whisk until smooth. Beat in melted butter. Refrigerate batter at least 1 hour. Cook in upside down crepe griddle or in traditional pan. Makes about 32 crepes.

Note: You can freeze them.

Cheryl Bernhardt

FRENCH TOAST POLYNESIAN

2 eggs, beaten	Dash cinnamon, nutmeg
1/4 c. milk	1/4 tsp. vanilla
Grated orange rind	4 slices bread

Cut bread in half and place bread in egg mixture and refrigerate overnight and bake at 350°, 1/2 hour in morning. Serve with thickened orange and pineapple juice and pulp.

Carol Johnson

GERMAN PANCAKES

4 Tbsp. butter	2/3 c. flour
4 eggs	1/2 tsp. salt
2/3 c. milk	

Put butter in 9x12 inch pan; melt at 450°. Beat eggs, milk, flour, salt together. Pour in pan. Bake 15-20 minutes.

Sydney Newson

SOPAIPILLAS (QUICK SCONES)

2 eggs	1 tsp. baking powder
1 c. milk	4 c. flour (approx.)
3/4 tsp. salt	

Combine dry ingredients; beat eggs well; add milk and stir in dry ingredients, adding as much flour as will be absorbed. Roll as thin as possible; cut and fry in deep fat until a delicate golden brown.

Charlene Peppinger

YORKSHIRE POTATO SCONES

4 oz. self-raising flour	4 oz. cold, mashed potatoes
Pinch salt	2 oz. mushrooms, chopped
1 tsp. baking powder	Milk (to mix and glaze)
1 oz. butter	

Sift the flour, salt and baking powder into bowl. Rub in the butter. Stir in the potato, cooked mushrooms and enough milk to mix to a soft ball. Roll out to a 1/2 inch thickness and cut into triangles. Place on greased baking pan; brush with milk and bake at 425° for 15-20 minutes.

Barbara Sandford

YORKSHIRE PUDDING

1 heaping Tbsp. shortening (size of large walnut)	4 eggs 8 heaping Tbsp. flour 2 tsp. salt
1 heaping Tbsp. margarine (size of large walnut)	Milk

Place shortening and margarine in oblong cake pan and put in 425° oven until it smokes. Beat eggs; sift in flour and salt and blend well. Add milk to make consistency of thick cream. Pour immediately into smoking grease globs (margarine and shortening). Bake 25 minutes at 425°. Yorkshire will peak and brown. (This is best served with roast beef gravy. It is also delicious served with butter or jam.)

Karen H. Nelson

MOIST BANANA BREAD

1/2 c. shortening
1 c. white sugar
2 eggs
2 c. flour

1/2 tsp. salt
1/2 tsp. soda
1 1/2 c. mashed bananas
1 c. walnuts

Cream shortening and sugar. Add eggs; beat well. Combine dry ingredients. Stir into creamed mixture. Add bananas; mix in well. Pour into 1 buttered loaf pan; let stand at room temperature for 20 minutes. Preheat oven to 350°. Bake 45 minutes to 1 hour.

Laurie Bosh

BANANA NUT BREAD

1/2 c. butter or
margarine
1 c. sugar
2 large bananas

2 eggs
2 c. flour
1 tsp. soda
Pinch of salt

Cream butter and sugar; add eggs and mashed bananas. Mix well. Then add dry ingredients. Mix well again. Put batter in well greased and floured bread pans. Bake at 350° for approximately 1 - 1/2 hours. Yield: 2 small or 1 large loaf.

Pat Swenson

PEACH JAM BREAD

1 1/2 c. all-purpose
flour
3/4 tsp. salt
1/2 tsp. baking soda
1/2 tsp. ground
cinnamon
1/2 tsp. ground nutmeg

3/4 c. sugar
1/3 c. shortening
2 eggs
3/4 c. peach jam
1/2 tsp. vanilla
1/2 c. buttermilk

In mixing bowl, stir together the flour, salt, soda, cinnamon and nutmeg; set aside. In large mixer bowl, beat the sugar and shortening on high speed of electric mixer till light and fluffy. Beat in the eggs, one at a time, beating

1 minute after each. Add peach jam and vanilla; mix well. Add flour mixture and buttermilk alternately to creamed mixture, beating well after each addition. Pour batter into two greased and floured 7 1/2 x 3 1/2 x 2 inch loaf pans. Bake in a 350° oven for 40 to 45 minutes or till wooden pick inserted near center comes out clean. Cool in pans 10 minutes. Remove from pans. Cool thoroughly on wire racks. Makes 2 loaves.

Rita Reese

PUMPKIN BREAD

1 2/3 c. flour	3/4 tsp. salt
1 1/2 c. sugar	1/2 tsp. cloves
1 tsp. soda	1/2 tsp. nutmeg
1/4 tsp. baking powder	1/2 tsp. cinnamon

Add to dry ingredients:

1/2 c. water	2 beaten eggs
1/2 c. oil	1 c. cooked pumpkin or canned

Optional: Add 1/2 cup raisins or 1/2 cup nuts. Bake for 1 hour at 350°. Makes one large loaf.

Cheryl Bernhardt

PUMPKIN LOAF

3 c. flour	1 1/4 c. salad oil
2 tsp. baking powder	2 c. sugar
2 tsp. soda	4 eggs
1 tsp. cinnamon	2 c. pumpkin
1/2 tsp. allspice	1/2 c. chopped nuts
1/2 tsp. nutmeg	

Mix together all ingredients and pour into 2 well-greased and floured loaf pans. Bake at 325°, 1 hour or until center tests done. Frost all 3 sides with cream cheese frosting, if desired.

Carol Johnson

RICH ZUCCHINI BREAD

3 eggs	2 c. grated, unpeeled, raw zucchini
1 c. cooking oil	3 c. flour
2 1/2 c. sugar	1 c. chopped nuts
3 tsp. vanilla	1 tsp. cinnamon
1 tsp. salt	1/2 c. coconut (optional)
1 tsp. soda	
1/4 tsp. baking powder	

Combine eggs, oil, sugar and vanilla and beat thoroughly. Add sifted dry ingredients and blend well. Stir in zucchini and nuts. Bake in 2 loaf pans. Bake at 325° for 60 to 70 minutes or until done. Cool and drizzle with lemon icing, if desired.

1 tsp. melted butter	1 tsp. lemon juice
1 tsp. milk	1 c. powdered sugar

Wilma Simpson

ZUCCHINI BREAD

3 eggs	1 tsp. soda
1 c. salad oil	1/4 tsp. baking powder
2 c. sugar	3 Tbsp. cinnamon
2 c. grated zucchini	1 c. chopped pecans
3 c. sifted flour	1 c. raisins
1 tsp. salt	

Blend eggs, salad oil and sugar. Combine dry ingredients next; add intermittently grated zucchini and small amounts of dry ingredients. Continue to blend until mixture is smooth. Lastly, add pecans and raisins. Bake in 2 greased 9x5x4 inch pans for 1 hour with oven at 350°.

Barbara Sandford

ZUCCHINI NUT BREAD

3 eggs	2 tsp. vanilla
1 c. granulated sugar	1/2 c. whole wheat flour
1/3 c. molasses	1 tsp. soda

1/2 tsp. baking powder
1 c. raisins
2 c. flour
1 tsp. salt

1 c. vegetable oil
2 c. shredded zucchini
1 or less c. walnuts

Blend eggs; add oil and sugar, molasses and vanilla. Beat until thick and foamy. Combine dry mixture and add to egg mixture. Stir just until blended. Add zucchini, shredded raisins and nuts. Mix gently to avoid crushing zucchini. Cook at 350°, one hour in 2x5x9 inch pan. I like to bake them in cupcake tins and store in covered pans in freezer. Keep all winter and handy for surprise visitors.

Nina H. Braithwaite

BREAD STICKS

1 pkg. active dry yeast
1/4 c. warm water
1/2 Tbsp. salt

1 c. lukewarm water
3 1/2 - 3 3/4 c. sifted flour

Soften yeast in warm water (110°). Combine salt and lukewarm water; beat in 1 cup flour. Blend in softened yeast; stir in 2 1/4 - 2 1/2 cups flour or enough to make moderately stiff dough. Turn out on lightly floured surface. Knead 10-15 minutes or till very elastic, kneading in remaining 1/4 cup flour. Place dough in lightly greased bowl, turning once to grease surface. Cover; let rise till double. Punch down and let rise till double again. Divide dough into approximately 24 equal parts. Roll each piece into strands size of a finger. Melt butter in pie tin, about 1/2 cube. Sprinkle Parmesan cheese on another plate. Roll dough 1st in butter, then in cheese. Put on ungreased baking sheet. Place large shallow pan on lower rack of oven. Fill with boiling water. Bake breadsticks at 400°, 10-15 minutes. Watch to make sure don't overcook.

Lois Salmon

BREAD STICKS

1 Tbsp. yeast
1/2 c. warm water

4 c. flour
1 tsp. salt

1 Tbsp. honey
1 Tbsp. malted milk
powder
1 c. water
2 Tbsp. melted butter

Garlic salt
Onion salt
Paprika
Parmesan cheese

Activate yeast and water. Mix flour, salt and malted milk powder. Add honey and water and yeast mixture. Knead. If too sticky, add a little flour. Knead for 5-10 minutes. Cut into 12 pieces. Make long ropes. Place 1 inch apart onto buttered pan. Top with melted butter and seasonings, paprika and cheese. Let raise 30 minutes. Bake 15-20 minutes till golden brown at 350°.

Ruth Giles

BREAD STICKS

1 Tbsp. dry yeast
1 1/2 c. warm water
1 Tbsp. honey

1 Tbsp. salt
2 c. flour

Dissolve 1 tablespoon dry yeast in 1 1/2 cups water. Dissolve honey in yeast water. Add salt and flour. Add flour until satiny. Make into 24 ropes. Spread melted butter on top. Sprinkle garlic salt on top. Let raise 15-30 minutes. Bake at 400°, 15 minutes or light brown.

Sydney Newson

RHODES FROZEN BREAD STICKS (Excellent)

Rhodes frozen bread
Margarine

Parmesan cheese

Grease frozen bread well and let thaw all night in refrigerator. Cut each loaf into 12 pieces. Melt 1 cube margarine on a very large cookie sheet. Roll pieces of dough into the size of a pencil. Roll in margarine and sprinkle with Parmesan cheese. Let raise for 5 hours. Bake at 350° for 10-15 minutes.

Wilma Egbert

CHEWY BREAD STICKS

1 loaf frozen bread
dough
Melted butter

Parmesan cheese
Garlic salt
Paprika

Let 1 loaf of frozen bread unthaw in refrigerator in plastic bag overnight. Two hours before baking, snip dough into 12 pieces. Roll dough between hands and board into long sticks (8 or 9 inches long); dip in melted butter and lay in large baking dish or cookie sheet. Let raise 1 hour or until looks good and rounded. Sprinkle with Parmesan cheese, garlic salt and paprika. Bake at 375°, 10 minutes or lightly brown.

Kathie Cutler

FRENCH BREAD

3 c. warm water
2 Tbsp. yeast
2 Tbsp. oil

3 tsp. salt
3 Tbsp. sugar
6-7 c. flour

Mix all ingredients together and let sit 10 minutes. Mix in 4 cups of flour. Mix well. Then add 3-4 more cups of flour; mix together until smooth; knead and let rise 1 hour. Shape on cookie sheet; rub with beaten egg. Slit in 3 places and sprinkle sesame seeds on top. Let raise 1 hour. Bake at 400°, 24 minutes or golden brown.

Karen Shafer

EASY WHITE BREAD

1 qt. hot water
3 Tbsp. shortening
(dissolve in water)

4 Tbsp. sugar (dissolve in
water)
2 Tbsp. salt (dissolve in water)

Dissolve 1 or 2 packages yeast in 1/2 cup lukewarm water and add to above mixture when warm. Add 2 to 3 sifters flour. Knead for 10 minutes and add more flour as you go along. Spread shortening on top of bread and cover to raise until double. Punch down and let rise again. Punch down and put in pans. Bake at 400° for 35 minutes. Spread shortening on top and remove from pans.

Carolyn Burton

HONEY-ROLLED WHEAT BREAD

1/2 c. whole wheat flour	2 c. milk
4 - 4 1/2 c. white flour	1/3 c. honey
1 Tbsp. plus 2 tsp. yeast	1/4 c. oil
	1/4 c. wheat germ
	1 Tbsp. salt
	1 c. rolled oats or wheat

Scald milk; cool; add oil, honey, salt, wheat germ and part of white flour. Mix; dissolve yeast in 1/4 cup water. Add to dough. Add remaining flours and rolled wheat or oats. Let raise 2 times. The second time forming the loaves. Bake at 375°, 35 to 40 minutes. Yield: 2 loaves.

Ruth Dallas

WHOLE WHEAT BREAD

1 pkg. yeast	1/2 c. hot water
2 c. warm water	1/2 c. brown sugar
3 Tbsp. white sugar	3 Tbsp. shortening
2 tsp. salt	3 c. whole wheat flour
3 c. white flour	

Soften yeast in lukewarm water; add white sugar, salt and white flour in large bowl. Mix until smooth; set in warm place until light and bubbly. Combine hot water, brown sugar and shortening in saucepan and heat until shortening is melted. Cool. Add to sponge mixture and mix. Add whole wheat flour and knead. Let raise until double. Place in pans, greased and let raise again until double. Bake at 350° for 50 minutes. Yield: 2 loaves.

Vickie Lund

HAMBURGER BUNS

1 qt. milk	1 Tbsp. salt
10 c. flour	1/4 c. dry yeast
1/2 c. oil	4 eggs
1/3 c. plus 2 Tbsp. sugar	

Dissolve yeast in 1/2 cup lukewarm water. Stir sugar, salt, oil into lukewarm milk. Add enough flour to milk mixture to make a batter. Add yeast and beat well. Add eggs and beat well. Add enough flour to make a soft, sticky dough. Let rise till double. Beat down. Let rise again. Form into rolls, 1/2 inch thick, using a 3 inch cutter. Place on greased cookie sheet. Let rise till double. Bake at 400° for 15 minutes. (Form dough long for hot dog buns.)

Linda Packer

ROLLS

BUTTER ROLLS

2 pkg. dry yeast	3 eggs, well beaten
1/4 c. warm water	1 c. warm water
1/2 c. shortening	4 1/2 c. flour
1/2 c. sugar	2 tsp. salt

Soften yeast in 1/4 cup warm water. In large bowl, combine shortening, sugar, eggs, 1 cup warm water and salt. Stir in softened yeast and 2 1/2 cups flour. Beat with mixer until smooth and well mixed. Add remaining flour and mix well. Cover with plastic wrap and let rise until double. Punch down; cover and refrigerate overnight. Three hours before serving, divide dough 1/2 and roll to 1/2 inch thick. Spread with soft butter; roll up and cut in 1 inch slices. Put in greased muffin tins. Cover; let rise for 3 hours. Bake at 375°, 12-15 minutes.

Colleen Welch

BUTTERTIPS

1/3 c. butter, melted	3 1/2 tsp. baking powder
2 1/4 c. flour	1 tsp. salt
5 Tbsp. sugar	1 c. milk

Pour melted butter in a round cake pan or equivalent. On a floured board, stir and knead about 20 times all other ingredients. Then roll out to 1/2 inch to 3/4 inch thick and

then cut in strips about 1 1/4 inch to 1 3/4 inch wide and 3 to 4 inches long. Place the strips randomly in the pan (they will be crowded). Cook in preheated 425° oven about 20 minutes or until brown.

Patty Dodge

DINNER ROLLS

4 1/2 c. flour	2 Tbsp. yeast, dissolved
1/4 c. sugar	in warm water and a little
1 c. milk, scalded	sugar
3/4 Tbsp. salt	2 eggs, beaten well
1/4 c. shortening	

Add all ingredients and mix. Then add enough flour needed to knead until not sticky; raise for about 2 hours; roll out on floured board; brush with butter. Cut and fold over. Let raise again for 1 hour. Bake at 400° for 15 to 20 minutes.

Peggy Thorstrom

GRANDMA'S HOT ROLLS

1/2 c. shortening	3 eggs
1/2 c. water	1/2 c. sugar
1 c. cold water	2 tsp. salt
2 pkg. yeast	6 c. flour
1/2 c. very warm water	

Heat shortening and 1/2 cup water; cool with 1 cup cold water. Mix yeast in 1/2 very warm water and let stand 10 minutes. Beat eggs; add sugar and salt. Add all the liquids together. Mix well. Add flour, 3 cups at a time and mix well. Let rise till double in size. Roll out to 1/2 inch thick and cut with biscuit cutter. Pull lengthwise; dip one side in butter and fold over. Place on cookie sheet (greased) side by side. Let raise. Bake at 425° for 10 minutes.

Pat Swenson

ONE-HOUR ROLLS

1 c. plus 2 Tbsp. hot water	2 Tbsp. yeast
6 Tbsp. shortening	1/4 c. sugar
1 tsp. salt	1 egg, beaten
	3 1/3 c. flour (approx.)

Combine hot water, shortening and salt. When shortening melts and water is lukewarm, sprinkle in yeast. Stir and dissolve yeast. Add sugar, beaten egg and 1/2 of the flour. (Best if you use 1/2 wheat and 1/2 white flour--add the wheat flour first.) Beat well. Add other 1/2 flour. Knead well. Divide dough into two balls. Roll into a circle; cut like a pizza and roll into crescents. (You should get eight rolls out of each ball.) Place on greased cookie sheet. Bake at 425° for 10-12 minutes. Makes 16.

February's Luncheon

ROLLS

1 1/2 Tbsp. dry yeast	2 eggs, beaten
1 c. warm water	2 tsp. salt
2 Tbsp. sugar	1/4 c. sugar
1/3 c. shortening	4 1/2 c. <u>sifted</u> flour
1 c. milk, scald and cool	

Dissolve yeast in warm water with 2 tablespoons sugar. Add shortening and milk. Add remaining ingredients. Let rise twice. Roll out on floured board. Bake at 425° for 10 minutes. Do not knead. Just stir good with a spoon. Makes 3 dozen.

Jolene Pattison

CINNAMON ROLLS

2 c. scalded milk	2 tsp. salt
1/2 c. shortening	1 c. instant potatoes
1 c. sugar	

Mix first 5 ingredients together.

Two packages yeast; dissolve yeast in 1/2 cup warm water, then add with the set of ingredients in 3rd section:

2 eggs

3 1/2 c. flour

Let rise to double, then knead down and roll out as thin as possible.

Brown sugar (if
desired)
Butter, spread on

Cinnamon
Raisins
Nuts

Sprinkle with above ingredients. Roll together, then cut; let rise in pan before baking. Bake at 350° for 30 minutes or until brown.

Leslie Moore

ORANGE ROLLS

1 1/2 c. scalding milk
1/3 c. sugar
1/2 c. shortening or
oil
1 1/2 yeast cakes,
dissolved in 1/4 c.
warm water

2 Tbsp. grated orange rind
2 eggs, beaten
6 c. sifted flour
1/4 c. orange juice

Scald milk; pour over sugar, salt, shortening in mixing bowl. When lukewarm, add eggs, orange juice, orange rind and softened yeast. Add flour; knead until smooth. Oil; cover and let rise until double. Knead down; form into rolls; let rise until double and bake 12-15 minutes at 375°. Makes 3 dozen. Glaze with 1 cup powdered sugar, 1 table-spoon orange juice and a little orange rind.

Christy Watts

BASIC SWEET DOUGH

2 cakes compressed
yeast
1 c. milk or 1/4 c.
powdered milk plus
1 c. water
2 eggs

1 tsp. salt
1/2 c. granulated sugar
1/4 c. shortening
4 c. (about) enriched flour,
sifted

Dissolve yeast in milk which has been scalded and cooled to lukewarm. Add eggs, salt, sugar, shortening and flour. Mix well and turn out on lightly floured board. Knead until smooth and elastic. Let rise until double in bulk in a greased bowl, covered with a damp towel in a warm place. Dough can be shaped after rising or punched down for a second rising. Turn out on lightly floured board or cloth and shape into desired roll shapes. Bake rolls without filling at 425°F. for 8-10 minutes. Filled rolls should be baked at 375°F. for 25-30 minutes. Dribble frosting over pastry while still warm.

December's Luncheon

CREAM FILLING

1 c. milk	1/3 c. sugar
1 egg yolk	2 Tbsp. flour
1/2 tsp. salt	1 tsp. vanilla

Heat milk. Beat yolk with salt and sugar. Add flour. When milk boils, add egg mixture and vanilla; beat and cool.

December's Luncheon

ALMOND FILLING

1/4 c. butter	1/3 c. rolled oats (put in
3/4 c. sugar	blender)
	2 tsp. almond extract

Mix all ingredients together. To make Danish pastry, spread cream filling on dough, then sprinkle with almond filling.

December's Luncheon

CARAMEL PECAN FILLING

1 c. brown sugar	2 Tbsp. water
(firmly packed)	1 c. pecans (whole or pieces)
4 Tbsp. butter	

1. Mix together sugar, butter and water; warm slightly. 2. Place a few pecans in bottom of well-buttered deep muffin pan; add 1 tablespoon sugar and butter mixture and place buttered, rolled dough (cut as for cinnamon rolls), cut side down in pan and let rise and bake in hot oven at 425° for about 15 minutes or until done.

December's Luncheon

DATE FILLING

1/4 c. sugar
1 Tbsp. cornstarch

1/2 c. chopped dates
1/3 c. water

Cook until thick. Let cool.

December's Luncheon

GUMDROP NUT WREATH

1/2 recipe for Basic
Sweet Dough

1/2 c. snipped red and green
gumdrops
1/2 c. chopped walnuts

Prepare the dough by adding gumdrops and nuts. Divide in half. Twist together; transfer to greased baking sheet and form into a ring. Cover and let rise until almost double, 30-40 minutes. Bake in 375° oven for 25 to 30 minutes. (Cover with foil after first 20 minutes if browning too quickly.) Cool; frost with confectioners' sugar icing; decorate with gumdrop holly; use red gumdrops for berries; roll green gumdrops flat with rolling pin and trim to leaf shape.

December's Luncheon

SUGARPLUM TREES

1/2 recipe of Basic
Sweet Dough
Melted butter
Sugar and cinnamon

1/2 c. candied fruit, chopped
1/2 c. nuts, chopped fine
Citron, cherries and nuts

1. Roll out 1/2 recipe of sweet dough which is ready for shaping on lightly floured board or cloth into rectangle, about 12x16 inches. Gently transfer to greased cookie sheet so that the length of dough goes across width. 2. Brush center of rectangle with melted butter; sprinkle with sugar and cinnamon. Place chopped candied fruit and finely chopped nuts over center of rectangle. 3. Bring upper corners of dough down to meet the center of the lower edge. You will have extra dough at the base of tree. Roll vertical edges of center tree back and clip rolled edges. Gently stretch tree so that it fills cookie sheet. 4. Trim dough from lower edge, leaving half for the trunk. Roll dough to form trunk. Clip the outside edges of tree with long, diagonal cuts. Twist to form branches. 5. Cover with damp cloth and let rise in a warm place until double in size and bake at 375° about 20-30 minutes. When baked, frost.

December's Luncheon

PASTRIES

"NEVER-FAIL" PIE CRUST

3/4 c. Crisco	1 1/2 c. flour, sifted
1 Tbsp. milk	1/2 tsp. salt
1/4 c. boiling water	

Measure Crisco into bowl and pour boiling water over it. Cut Crisco into pieces. Add milk. Cut in flour and salt. Flour pastry board and divide dough in half. Roll out and fill as desired. (Makes 2--9 inch crusts.)

Shauna Maughan

BOTTLED APPLE PIE FILLING

4 1/2 c. sugar	3 Tbsp. lemon juice
1 c. cornstarch	2-3 drops yellow food coloring
2 tsp. cinnamon	5 1/2 - 6 lb. tart apples,
1/4 tsp. nutmeg	pared, cored and sliced

In large saucepan, blend first 4 ingredients and 1 teaspoon salt. Stir in 10 cups water. Cook and stir until thick

and bubbly. Add lemon juice and food coloring. Pack apples into jars, leaving 1 inch head space. (Use spatula to help distribute syrup.) Adjust lids. Process in boiling water bath for 15 minutes for pints; 20 minutes for quarts. Makes 6-7 quarts. When ready to use, pour pie filling into pie crust. Sprinkle brown sugar and dot with butter. Adjust top crust, cutting slits for escape of steam. Bake at 400° for 50 minutes or till done.

Gae Clark

BLUEBERRY CHEESECAKE PIE

- | | |
|--|--|
| 1 (8 oz.) pkg. cream
cheese, softened | 1 c. whipping cream, whipped
and sweetened |
| 1 c. sifted powdered
sugar | 1 (9 inch) baked pastry shell
or graham cracker crust |
| 1 tsp. vanilla | 1 (1 lb. 5 oz.) can blueberry
pie filling |

Beat together cream cheese, sugar and vanilla until smooth. Fold in whipped cream. Put in crust. Spoon pie filling onto this mixture. Chill until set. (Can use cherry pie filling instead of blueberry.)

Gay Ann Clark

BLUEBERRY CHEESECAKE

- | | |
|--------------------------|--|
| 1 envelope Dream
Whip | 1/2 tsp. vanilla extract |
| 1 (8 oz.) cream cheese | 1/2 tsp. lemon extract |
| 1 c. powdered sugar | 1 can blueberry pie filling or
any other flavor |

Crust:

- | | |
|------------------------------|------------------------|
| 1 sq. butter or
margarine | 1 pkg. graham crackers |
| | 1/4 c. sugar |

Crust: Melt butter; add to sugar and graham crackers (crumbled).

Whip Dream Whip as directed on package. Blend in cream cheese, powdered sugar and extracts. Pour in pie crust. Put in refrigerator.

Robyn Smith

CHERRY CREAM CHEESE PIE

- | | |
|--|---|
| 1 pkg. soft cream
cheese or 1/2 pt.
whipped, whipping
cream | 1/3 c. lemon juice
1 tsp. vanilla
1 (1 lb. 5 oz.) can chilled
cherry pie filling |
| 1 can sweetened
condensed milk | 1 pie crust |

In medium bowl, beat cream cheese until light and fluffy. Gradually add condensed milk and blend well. Stir in lemon juice and vanilla. Turn into crust. Refrigerate 2-3 hours. Put chilled cherries on top before serving.

Pat Woodall

CHESS PIE

- | | |
|-----------------------------------|--|
| 1 c. raisins, boiled
5 minutes | 7 Tbsp. raisin water
1 c. chopped walnuts |
| 1 1/2 c. sugar | 1/2 c. melted butter |
| 3 beaten eggs | 1 tsp. cinnamon; 1 Tbsp.
vanilla |

Bake at 375° or 350°, 25 minutes. Serve with whipped cream or Dream Whip. They are good frozen and thawed later.

Nina H. Braithwaite

ELEGANT CHOCOLATE PIE

- | | |
|---|-------------------------|
| 2 egg whites | 3 Tbsp. evaporated milk |
| 1/8 tsp. cream of tarter | 1 tsp. vanilla |
| 1/2 c. sugar | 1 c. whipped cream |
| 1 tsp. vanilla | |
| 4 1/2 - 5 oz. Hershey's
chocolate almond bar | |

Crust: Beat 2 egg whites until foamy. Add 1/8 teaspoon cream of tarter. Beat until stiff. Gradually beat in 1/2 cup sugar, 1 teaspoon vanilla. Beat very stiff until mixture stands up in peaks. Grease pie plate and put in meringue. Bake 55 minutes at 300°F.

Filling: Melt 4 1/2 - 5 ounces of cut bar in double boiler. Add 3 tablespoons evaporated milk, 1 teaspoon vanilla and blend well. Cool completely! Fold in 1 cup whipped cream that has been whipped very thick. Put in cooled meringue shell. Sprinkle with shavings of milk chocolate and set in refrigerator 5 to 12 hours.

Cherie Green

MISSISSIPPI MUD PIE

Crust:

21 oreo cookies,
crushed

1/4 c. melted margarine

Filling: Softened ice cream.

Topping:

1 1/2 Tbsp. water

3 oz. broken chocolate
pieces

3 Tbsp. light Karo
syrup

Whipping cream

1 1/2 Tbsp. margarine

Line a pie tin with foil. Press crust into place. Freeze. Remove from freezer and take the crust out of the tin. Peel away the foil and then replace the crust in the tin. Press ice cream into shell and freeze. Place water, Karo and margarine in pan and bring them to a boil. Remove from heat and add chocolate. Stir until melted. Pour over top of pie and freeze. Add whipped cream.

Kathryne Treseder

MYSTERY PIE (Serves 24)

6 egg whites (room
temperature)

2 c. sugar

2 tsp. baking powder

1 c. soda cracker crumbs

2 tsp. vanilla

1 c. chopped nuts

Beat egg whites, vanilla and baking powder. Add sugar slowly. When mixture stands in soft peaks, fold in

crumbs and nuts. Spread in greased pan (9x13 inch) and bake 25-30 minutes at 350°. Don't be alarmed! As this crust cools, it sinks. Fill in with whipped cream till level. (Can be frozen at this stage.) Serve with sauce: 1 package Junket Danish dessert--currant raspberry. Prepare per box instructions for tangy Danish pudding. Add 1 package frozen raspberries when removing from heat.

Dana Tye

PUMPKIN PIE

1 large can evaporated milk plus enough water to make 2 c.	1/4 tsp. cloves
2 eggs	1/2 tsp. salt
1/2 tsp. ginger	16 oz. can pumpkin
1 tsp. cinnamon	3/4 c. sugar
1/4 tsp. nutmeg	1 Tbsp. butter
	1/2 c. Bisquick

Blend all ingredients in blender on low speed 2 minutes; pour into 9 inch greased, floured pie pan (glass). Cook at 350°, 45-50 minutes.

Carolyn Scharman

SIMPLE CREAM PIE

Graham Cracker Crust: Crush 8 full graham crackers; add 1/4 cup sugar; mix with crackers. Mix with 1/4 cup melted butter; press into pie shell.

Pie Filling: Blend 1 small package any flavor pudding and pie filling according to package instructions. Add two cups Cool Whip and blend in. Pour into pie shell. Chill 1 hour. Serve.

Jan Hansen

SODA CRACKER PIE

3 egg whites	16 soda crackers, crushed
1 c. sugar	1/4 c. chopped nuts
1/4 tsp. cream of tarter	1 tsp. vanilla

Beat egg whites until foamy. Add cream of tarter. Beat until stiff. Add gradually the sugar. Fold in crackers, nuts and vanilla. Bake in greased pie plate for about 30 minutes in 350° oven.

Theda Johnson

SODA CRACKER PIE

Crush 12 soda crackers.

1 tsp. baking powder	3 egg whites, stiffly whipped
1 c. chopped nuts	1 tsp. vanilla
1 c. sugar	

Fold egg whites into crackers and nuts and baking powder. Pour into greased 9 inch pie plate. Bake 30 minutes at 350°. Let cool and top with whipped cream.

Debbie Strasburg

SOUTHERN PECAN PIE

1 c. white corn syrup	1 tsp. vanilla
1 c. brown sugar	3 eggs, slightly beaten
1/2 tsp. salt	1 c. whole pecans
1/3 c. melted butter or margarine	

Combine all ingredients except eggs and pecans and mix well. Add eggs; pour into 9 inch unbaked pie shell. Sprinkle pecans over all. Bake at 350° for 45 minutes. Cool. Top with whipped cream or ice cream.

Lori Chivers

** NOTES **

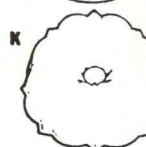
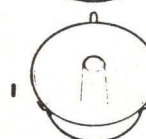
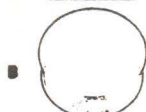
Cakes, Cookies, Desserts



HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:

9-inch pie plate
8x1¼-inch layer cake pan—C
7 3/8 x 3 5/8 x 2¼-inch loaf pan—A

6-cup baking dish:

8 or 9x1½-inch layer cake pan—C
10-inch pie plate
8½ x 3 5/8 x 2 5/8 inch loaf pan—A

8-cup baking dish:

8x8x2-inch square pan—D
11x7x1½-inch baking pan
9x5x3-inch loaf pan—A

10-cup baking dish:

9x9x2-inch square pan—D
11¾x7½x1¼-inch baking pan
15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan—K	6 cups
9x3½-inch fancy tube or "Bundt" pan J or K	9 cups
9x3½-inch angel cake pan—I	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan—K	12 cups
9x3½-inch fancy tube mold—J	12 cups
10x4-inch fancy tube mold (Kugelhupf)—J	16 cups
10x4-inch angel cake pan—I	18 cups

Melon Mold:

7x5½x4-inch mold—H	6 cups
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Spring-Form Pans:

8x3-inch pan—B	12 cups
9x3-inch pan—B	16 cups

Ring Molds:

8½x2¼-inch mold—E	4½ cups
9¼x2¼-inch mold—E	8 cups

Charlotte Mold:

6x4¼-inch mold—G	7½ cups
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Brioche Pan:

9½x3¼-inch pan—F	8 cups
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CAKES, COOKIES, DESSERTS

CAKES

AMBROSIA CAKE

Cake:

1 pkg. yellow cake
mix (no pudding)
4 eggs

1/2 c. cooking oil
1 can (small) Mandarin oranges
and juice

Frosting:

1 (3 oz.) pkg. instant
vanilla pudding

1 can crushed pineapple and
juice
8 oz. Cool Whip

Cake: Mix ingredients together well; bake in 9x13 inch pan at 350° for 35 minutes. Cool.

Frosting: Mix pudding and pineapple together and let sit for 15 minutes. Fold in an 8 ounce bowl of Cool Whip. Keep refrigerated.

Cheri Fisher

APPLE CAKE

2 c. sugar
2 c. flour
2 tsp. soda
1 Tbsp. cinnamon
1 tsp. salt

3 beaten eggs
1/2 c. oil
2 tsp. vanilla
3/4 c. nuts
4 c. diced apples with peel

Mix together and bake at 350° for 40-45 minutes.

Frosting:

6 Tbsp. margarine
2-3 oz. cream cheese
4 c. powdered sugar
(1 box)

4 tsp. vanilla
Pinch of salt

Lauri Patel

APPLE KUCHEN

1 pkg. yellow cake mix	1 tsp. cinnamon
1 cube margarine	8 oz. sour cream
4 large apples, cooked	1 egg
1/2 c. sugar	

Cut butter into cake mix and pat in a 13x9 inch ungreased pan. Bake 10 minutes at 350°. Slice the cooked apples and lay on top of the crust. Mix sugar and cinnamon; sprinkle over apples. Mix sour cream and egg together and drizzle on top. Bake at 350° for 25 minutes or till brown. Serve with ice cream.

Dana Tye

APPLESAUCE SPICE CAKE

1/2 c. oil	1 c. raisins
1/2 c. honey	1 c. chopped nuts (optional)
1/2 c. molasses	1/2 tsp. cloves
1 1/2 c. applesauce	1 1/2 tsp. cinnamon
(unsweetened)	1/2 tsp. nutmeg
2 c. whole wheat flour	2 tsp. baking powder

In a large mixing bowl, beat honey and oil till smooth. Add remaining ingredients, blending well. Turn batter into 2 large, oiled loaf pans and bake in preheated oven for 50 minutes or until toothpick inserted into center comes out clean.

Variation: 1 1/2 cups chopped banana or fruit cocktail can be substituted for applesauce.

Lynn Chatterton

RAW APPLE CAKE

1 c. sugar	1 1/2 c. flour
1/2 c. shortening	1 tsp. cinnamon
1 egg	1 tsp. soda
2 c. chopped apple	1/2 tsp. salt

Cream sugar and shortening until fluffy. Add egg and beat well. Chop apples fine and add to sugar-shortening

mix. Sift dry ingredients and stir into batter. Spread in a greased 9x13x2 inch pan. Sprinkle with mixture of 1/2 cup brown sugar, 1 teaspoon cinnamon, 1/2 cup chopped nuts. Bake in 350° oven for 30 minutes or until cake tests done. Serve with ice cream or whipped cream.

Wilma Simpson

FRENCH BANANA CAKE

2/3 c. water	2 eggs
1 Tbsp. vinegar	1 1/4 c. mashed, very ripe bananas
1 tsp. baking soda	
1 pkg. yellow cake mix	2/3 c. chopped nuts

Mix water, vinegar and soda. Combine with cake mix and eggs. Stir until moistened. Scrape bowl with spatula. Add mashed bananas. Beat 3 minutes at medium speed. Blend in nuts. Pour into greased and floured 9x13 inch pan. Bake at 350° for 35 minutes. Top cake with cream cheese frosting.

Dana Tye

CARROT CAKE (Made without sugar.)

3/4 c. honey	2 tsp. baking powder
1 c. oil	1 tsp. vanilla
4 eggs	3 c. grated carrots
2 c. whole wheat flour (or 1 c. white and 1 c. wheat)	1 c. chopped nuts
	2 tsp. cinnamon
1/2 tsp. baking soda	1/2 tsp. allspice

Cream honey, oil and eggs. Gradually add flour, soda, baking powder and spices. Beat well. Add vanilla, carrots, and nuts; pour into greased and floured tube pan and bake in preheated 350° oven for one hour.

Lemon Cheese Frosting:

2 large pkg. cream cheese	3/4 c. honey
	1/4 c. lemon juice

Cream honey and cheese. Beat in lemon juice.
Refrigerate.

Nancy Chatterton

CARROT CAKE

2 c. sugar	4 eggs
2 c. flour	1 c. vegetable oil
2 tsp. cinnamon	1/2 c. water
2 tsp. baking soda	5 carrots
1/2 tsp. salt	

Frosting:

1 c. butter (soft)	2 c. powdered sugar
1 (8 oz.) cream cheese	2 tsp. vanilla

Blend together sugar, eggs in a large bowl; sift all of the dry ingredients together in a blender; add carrots, water and oil and blend together. Slowly add dry ingredients and carrot mixture to sugar and egg mixture, alternating each one. Pour into 9x13 inch pan. Bake at 350°, 40 minutes.

Frosting: Combine butter and cheese until creamy; add sugar and vanilla.

Kris Langheinrich

FLORENCE'S CARROT CAKE

3/4 c. vegetable oil	2 1/4 c. flour
2 c. sugar	2 tsp. soda
2 eggs	2 tsp. cinnamon
2 c. grated carrots	1 c. chopped nuts

Cream oil, sugar, eggs together. Add carrots and mix well. Sift flour, soda, cinnamon together and add to creamed mixture; mix well. Add chopped nuts; mix again. Pour batter into well greased and floured 9x13 inch pan and bake at 375° for approximately 35 minutes.

Pat Swenson

CARROT CAKE

1 1/2 c. oil	2 1/2 c. flour
3 eggs	1 c. nuts
2 c. sugar	1 tsp. soda
2 c. grated carrots	1 tsp. salt
1 c. crushed	1 tsp. vanilla
pineapple, drained	1 tsp. cinnamon

Cream together oil, eggs, sugar and carrots. Add crushed pineapple (drained); add to mixture flour, nuts, soda and salt; blend; add last, vanilla and cinnamon. Bake at 350° for 40 minutes; test for doneness.

Frosting:

1 box powdered sugar	1 stick margarine
1 tsp. vanilla	

Mix all ingredients together, then add a little milk as milk is needed.

Mary Woodland

CHERRY FRUIT CAKE

1 pkg. white cake mix	1 tsp. almond extract
1 (21 oz.) can cherry fruit filling	2 eggs, beaten

Preheat oven to 350°. Grease and flour a 13x9 inch cake pan. In large bowl, combine all ingredients. By hand, stir until well mixed. Pour into prepared pan. Bake 25 to 30 minutes or until toothpick comes out clean. Cool and frost.

Debbie Hansen

BEST EVER CHOCOLATE CAKE

2 1/2 c. flour	1 c. <u>hot</u> water
2 tsp. baking soda	1 tsp. vanilla
1/2 tsp. salt	1 c. milk
1 Tbsp. vinegar	1 c. shortening
3 eggs	2 c. sugar
1/2 c. cocoa powder	

Sift flour, baking soda and salt; stir vinegar in milk; cream shortening and sugar; beat in eggs, one at a time; blend in cocoa. Add flour, soda and salt mixture alternately with sour milk; blend till batter is smooth; stir in hot water and vanilla. Bake at 350° for 40-45 minutes.

Patty Startin

ANN'S CHOCOLATE CAKE

3/4 c. margarine	Scant 1/2 c. cocoa
1 3/4 c. sugar	1 1/4 tsp. baking soda
2 eggs	1/2 tsp. salt
1 tsp. vanilla	1/2 c. yogurt (plain)
2 c. flour	1 c. water

Combine softened margarine, sugar, eggs and vanilla and cream until fluffy. Add the other ingredients and mix gently until blended. Pour into greased and floured 9x13 inch pan and bake at 350° until slight indentation remains when touched in the middle, approximately 35-40 minutes.

Ann Greenhalgh

CHOCOLATE-HEATH ICE CREAM CAKE

1 1/4 c. chocolate crumbs (chocolate graham cracker)	1 stick butter
1/4 c. butter	2 c. powdered sugar
12 Heath bars	1 can evaporated milk
1/2 gal. vanilla ice cream, softened	2 tsp. vanilla
	1 large bag chocolate chips
1 1/4 c. chocolate crumbs	1/4 c. butter

Mix for crust and put in 10 inch spring form pan; allow to harden in the freezer.

12 Heath bars, chopped up	1/2 gal. ice cream, softened
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Mix these 2 things and put them in the crust and then refreeze.

1 stick butter
2 c. powdered sugar
1 can evaporated milk

2 tsp. vanilla
1 large bag chocolate chips

Melt butter and chips. Add sugar and milk. Cook 8 minutes until thick. Add vanilla and pour over each slice of ice cream.

Denise Gregory

CHOCOLATE OATMEAL CAKE

1 3/4 c. boiling water
1 c. oats (add to water
and set aside)
1/2 c. oil
1/2 c. brown sugar
1 c. granulated sugar
2 eggs

1 tsp. vanilla
12 oz. pkg. chocolate chips
1 3/4 c. flour
1 tsp. soda
1 tsp. salt
3 Tbsp. cocoa

Beat together oil, sugars, eggs and vanilla. Add flour, soda, salt and cocoa. Add oats that have been set aside. Add half of chocolate chips. Pour into 9x13 inch greased pan. Top with other 1/2 bag chocolate chips and 1/2 cup chopped nuts. Bake at 350° for 40 minutes. Good with whipped cream or ice cream on top.

Cheryl Bernhardt

PIERCE'S COFFEE CAKE

2 c. flour
1 tsp. baking powder
1 tsp. soda
1 tsp. cinnamon
1 c. buttermilk
1 grated orange rind
1/4 tsp. nutmeg

1/4 tsp. salt
1 c. sugar
1 egg, beaten
1/2 c. oil
1 c. raisins
1/2 c. nuts (optional)

Mix dry ingredients. Pour in egg and buttermilk and mix. Add oil and mix again. Add orange rind and raisins. Put in greased pan. After batter is in pan, melt 1/2 cube of margarine and spread over top and sprinkle brown sugar and then cinnamon and then nuts on top. Bake at 375° for 30 minutes.

Melva Ashby

DUMP CAKE

1 can cherry pie filling	1 1/2 cubes margarine
1 can crushed pineapple	Nuts
1 yellow cake mix	Coconut

Pour pie filling in bottom of 9x13 inch, ungreased pan, then spread pineapple over top of it. Sprinkle cake mix over top of all. Melt butter; pour over cake mix. Nuts and coconut, optional, but add a lot over top. Bake at 375°, 30-35 minutes.

Leslie Moore, Jolene Pattison,
Patty Dodge

HOSTESS CUPCAKES

1 pkg. devil's food cake mix	1/2 c. Crisco
5 Tbsp. flour	3/4 c. sugar
5 Tbsp. sugar	1 tsp. vanilla
1 c. milk	Pinch salt
1/2 c. margarine	1 pkg. chocolate frosting mix

Make devil's food cupcakes and bake as package directs. Cool. In saucepan, combine flour, 5 tablespoons sugar and milk. Cook and stir until thick. Cool. Mix together margarine, Crisco, 3/4 cup sugar, vanilla and salt. Beat 5 minutes. Next, add thickened flour mixture and beat together till creamy. Fill decorator's tube with filling and using longest tube you have, squeeze filling into middle of cupcake. Next make chocolate frosting as package directs and frost cupcakes. The frosting covers up the hole you made when putting the filling in the cupcake. Pretty sneaky and tastes like the real thing.

Dana Tye

HOT GINGER CAKE

1 c. sugar	2 eggs, well beaten
1 c. butter or margarine	2 c. molasses
	1 tsp. salt

5 c. flour
3 tsp. baking soda
2 tsp. cinnamon

2 tsp. ginger
1 tsp. powdered cloves
2 c. hot water

Cream sugar and butter. Add eggs and molasses; beat well. Sift dry ingredients; add to creamed mixture. Add hot water; beat until smooth. Pour into greased 9x13 inch pan. Bake for 45 minutes at 350° (or until done). Slice and top with sliced bananas and whipped cream.

Pat Swenson

MISSISSIPPI MUD

2 sticks margarine
2 c. sugar
2 Tbsp. cocoa
4 eggs
1 tsp. vanilla

1 tsp. salt
1 1/2 c. flour
1 1/3 c. coconut
1 1/2 c. pecans, chopped
1 (7 oz.) jar marshmallow
cream

Blend margarine and sugar; add eggs, one at a time, cocoa and vanilla. Then add salt, flour, coconut and pecans. Bake at 350°, 30 minutes. While still hot, cover with marshmallow cream. Frost over marshmallow cream.

Frosting: Powdered sugar, margarine, cocoa and can milk.

Kathy Goddard, Vickie Lund

NUT SWIRL CAKE

1/4 c. sugar
1/2 c. finely chopped
pecans or walnuts
1/2 tsp. ground
cinnamon
1 pkg. yellow cake
mix (large)

1 small pkg. butter pecan
pudding
4 eggs
1 c. sour cream
1/4 c. oil (vegetable)
1/2 tsp. imitation maple
flavoring

Combine sugar, nuts, cinnamon--set awhile. Combine remaining ingredients in large bowl. Blend well; pour 2/3 of batter into greased and floured 10 inch fluted tube or tube pan. Sprinkle with sugar, nut mixture. Keep mixture from sides of pan. Top with remaining batter. Bake at 350° for

about 1 hour or until done. Do not underbake. Remove from pan after 15 minutes cooling in pan. Finish cooling on rack. Top with favorite glaze.

Ann Durham

OATMEAL CAKE

1/2 c. granulated sugar	2 eggs
1/2 c. brown sugar	1 c. flour
1 c. shortening	1 c. rolled oats, uncooked
2 tsp. vanilla	1 pkg. chocolate chips
1/2 tsp. salt	1/2 c. chopped nuts

Cream sugar and shortening. Add liquid ingredients and sift in dry ingredients. Mix together. Bake in an 11x7 inch pan at 350° for 35 minutes. When well done, cover top with chocolate chips. Let melt and spread for frosting. Sprinkle chopped nuts on top.

Vickie Reading

OATMEAL CAKE

1 c. quick oatmeal	1 tsp. vanilla
1 1/2 c. boiling water	1 1/2 c. flour
1 c. sugar	1 tsp. soda
1 c. brown sugar	1/2 tsp. salt
1 stick margarine	1 tsp. cinnamon
2 eggs	

Combine oatmeal and water. Cool. Cream sugars and margarine in large bowl. Add eggs and vanilla, mixing well. Sift together dry ingredients and add to creamed mixture. Next add oatmeal and mix well. Bake 30 minutes in greased floured 9x13 inch pan at 350°.

Topping: Mix 1 cup coconut, 2/3 cup brown sugar, 1/2 cup chopped nuts, 6 tablespoons margarine, 4 tablespoons milk. Spread on cake and broil 3 inches from heat about 3 minutes (or until lightly brown).

Dana Tye

ONE QUART FRUIT CAKE

1 qt. fruit (any kind of bottled fruit)	4 c. unsifted flour
1 c. salad oil	1 tsp. nutmeg
4 tsp. soda	2 tsp. cinnamon
1 tsp. salt	2 c. sugar

Put 1 quart fruit and juice in blender. Blend two to three minutes. Put in large mixing bowl. Add salad oil and soda. Add all dry ingredients. Mix thoroughly. Put in greased and floured large dripper. Bake at 350° for 45 to 50 minutes.

Marge Goff

EASY PEAR CAKE

1 c. sugar	2 1/4 c. flour
1/2 c. margarine	1/2 tsp. cloves
1 large can pears (and 1/2 of juice)	1 tsp. salt
2 tsp. soda	1 c. raisins (optional)
	1/2 c. nuts (optional)

Cream together sugar and margarine; add pears; mix till well blended. Sift in flour, soda, salt and spices; add raisins and nuts if desired. Pour into greased 9x13 inch pan. Bake at 350° for 35 to 40 minutes or until cake tests done. Let cool 5 minutes, then dump. Frost with favorite icing.

Carol Cetraro

PINEAPPLE CAKE WITH CREAM CHEESE GINGER ICING

Cake:

20 oz. crushed pineapple	1 c. white sugar
2 c. flour, unsifted	2 tsp. baking soda
1 c. brown sugar	1 c. chopped nuts
	2 eggs

Icing:

3 oz. cream cheese
1/4 c. butter or
margarine

2 c. powdered sugar
1 tsp. vanilla
1/2 tsp. ginger

Beat eggs in a large bowl until light and fluffy. Add contents of 20 ounce can crushed pineapple (juice and fruit). Don't drain. Add flour, sugars and soda. Mix well by hand. Add chopped nuts. Spread evenly in 9x13x2 inch ungreased pan. Bake at 350° for 45-50 minutes or until done. (That's right, no salt or shortening.) Beat in mixing bowl, all ingredients for icing and spread over cooled cake.

Richard Durham

PUMPKIN CAKE ROLL

3 eggs
1 c. sugar
2/3 c. pumpkin
1 tsp. lemon juice
3/4 c. flour

1 tsp. ginger
1/2 tsp. nutmeg
2 tsp. cinnamon
1/2 tsp. salt
1 tsp. baking powder

Filling:

1 c. powdered sugar
1 (8 oz.) pkg. cream
cheese

4 Tbsp. margarine, melted
1/2 tsp. vanilla

Beat eggs on high for 5 minutes. Gradually add 1 cup sugar. Stir in 2/3 cup pumpkin and 1 teaspoon lemon juice. Add the dry ingredients. Spread in greased and then waxed paper, then the greased wax paper pan with the pumpkin mixture. A jelly roll pan works best. Bake at 375°, 15 minutes. Cool on dish towel, dusted with powdered sugar. Cool; unroll; fill with filling. Filling enough for 1 1/2 rolls.

Ruth Dallas

RAISIN-PUDDING CAKE

1 c. flour	1 tsp. vanilla
1/2 c. sugar	1/2 tsp. nutmeg
1/2 tsp. soda	1/2 tsp. cinnamon
1/8 tsp. salt	3/4 c. raisins
1/2 c. milk	1/2 c. nuts, chopped
1 Tbsp. butter	

Mix together all ingredients and spread in deep baking dish. Make a syrup of 2 cups water, 2 tablespoons butter, 1/2 cup sugar, 1/2 cup brown sugar. Boil until dissolved. Pour over batter in dish and bake at 350° for 45 minutes.

Chris Johnson

THREE EGG CAKE

3/4 c. butter	3/4 tsp. salt
1 1/2 c. sugar	3 tsp. baking powder
3 eggs	1 c. milk
2 1/2 c. flour	1 tsp. vanilla

Cream butter and sugar until fluffy. Add one egg at a time, beating until well mixed. Add 1/2 of sifted dry ingredients. Beat well. Add all of milk and vanilla and the rest of dry ingredients. Beat 2 minutes. Pour into greased and floured cake pan. Makes one, 9x13x2 inch pan. Bake at 375° for 30-35 minutes.

Debra Sourlos

WHITE CAKE

1/2 c. shortening	2 c. flour
1 1/2 c. sugar	2 tsp. baking powder
1 tsp. vanilla	1/2 tsp. salt
3 eggs	1 c. milk

Cream shortening, sugar, vanilla and eggs in mixing bowl. Add dry ingredients, alternating with milk. Pour into 9x13 inch pan or 2 round cake pans that have been greased. Bake 30 minutes at 375°.

Vickie Lund

CAROB BUTTER FROSTING

3 c. powdered sugar	1 egg
1/3 c. carob powder	3 Tbsp. cream
1/2 c. butter	

Sift powdered sugar and carob powder together. Beat butter, egg and cream together; add sugar mixture gradually, beating well.

Nancy Hooper

CHOCOLATE FROSTING

1 1/3 c. sugar	1/3 c. butter
1/4 c. cocoa powder	Dash of salt
1/3 c. milk	1 tsp. vanilla

Boil to soft ball; put lid on while boiling. Beat till spreading consistency. If sets up too much, thin with canned milk.

Patty Startin

CREAM CHEESE FROSTING

8 oz. pkg. cream cheese	1 tsp. vanilla
1 Tbsp. milk	Dash of salt
	5 1/2 c. sifted powdered sugar

Combine soft cheese, milk and vanilla, salt until well blended. Gradually add sugar, mixing well after each addition.

Carol Johnson

CREAM CHEESE FROSTING FOR CARROT CAKE

1 (8 oz.) pkg. cream cheese, softened	3 c. powdered sugar
1/2 c. margarine, softened	2 Tbsp. orange juice
	1 tsp. vanilla
	1 Tbsp. orange rind

Combine all ingredients and beat till fluffy. Spread on cooled cake.

Pat Swenson

MINUTE BOIL FUDGE FROSTING

2 oz. chocolate,
finely cut
1 1/2 c. sugar
7 Tbsp. milk
2 Tbsp. shortening

2 Tbsp. butter
1 Tbsp. corn syrup
1/4 tsp. salt
1 tsp. vanilla

Place chocolate, sugar, milk, shortening, butter, corn syrup and salt in saucepan. Bring slowly to a full rolling boil, stirring constantly and boil briskly 1 minute (1 1/2 minutes on rainy day). Cool to lukewarm. Add vanilla and beat until thick enough to spread. If frosting becomes too thick, add a little cream or soften over hot water. Frosts tops of 2 (8 inch) layers.

Theda Johnson

PENUCHE

Use recipe for Fudge Frosting, using one cup brown sugar (firmly packed) and 1/2 cup white sugar and 6 table-spoons milk, instead of 7. Omit chocolate. Just before spreading, nuts may be added to frosting.

Theda Johnson

COOKIES

BUTTER BALLS

1 c. butter
4 Tbsp. powdered
sugar

1 tsp. vanilla
2 c. sifted flour
1 c. nuts, chopped

Cream butter; add sugar and continue to beat until light; add vanilla; add sifted flour and mix well; fold in chopped nuts. Shape into balls on an ungreased baking sheet. Bake in a moderate 350° oven, 15-18 minutes. Roll in confectioners' sugar while still hot.

Mavis Hardman

BUTTER COOKIES

1 1/4 c. powdered sugar	3 1/2 c. flour
1/2 lb. butter	2 tsp. vanilla
1/2 lb. margarine	3/4 - 1 c. nuts, chopped

Cream sugar and butters. Add vanilla; stir in flour. Blend until well mixed. Stir in nuts. Bake at 350° until done, about 5-8 minutes.

Debra Sourlos

CARAMEL LAYER CHOCO-SQUARES

1 (4 oz.) pkg. light caramels (about 50)	1 Tbsp. water
1/3 c. evaporated milk	1/2 c. butter, softened
1 pkg. German chocolate cake mix	1 c. chopped nuts
	6 oz. pkg. (1 c.) semi-sweet chocolate chips

Preheat oven to 350°. Grease and flour 13x9 inch pan. Combine in saucepan first 2 ingredients. Cook over low heat, stirring constantly, until caramels are melted. Keep warm. Combine in large bowl remaining ingredients, except for chocolate pieces. Stir with fork until dough is crumbly but holds together. Press 1/2 dough into pan; reserve remaining dough for topping. Bake at 350° for 5 minutes. Sprinkle chocolate chips over baked crust; spread caramel mixture over all. Sprinkle reserved dough over caramels. Bake for 15-20 minutes. Cool completely. Makes about 3 dozen bars.

Kathie Cutler

CHOCOLATE CHERRY BARS

Cake:

1 pkg. fudge cake mix	1 tsp. almond extract
1 (21 oz.) can cherry fruit filling	2 eggs, beaten

Frosting:

1 c. sugar
5 Tbsp. butter or
margarine

1/3 c. milk
6 oz. pkg. (1 c.) semi-sweet
chocolate pieces

Preheat oven to 350°F. Grease and flour 15x10 inch jelly roll pan or 13x9 inch pan. In large bowl, combine first four ingredients. By hand, stir until well mixed. Pour into prepared pan. Bake jelly roll pan 20 to 30 minutes; 13x9 inch pan, 25 to 35 minutes or until toothpick inserted in center comes out clean.

Frosting: In small saucepan, combine sugar, butter and milk. Boil, stirring constantly, 1 minute. Remove from heat; stir in chocolate pieces until smooth. Pour over bars. Makes about 3 dozen bars.

Mavourneen Gardner

CHOCOLATE CHIP COOKIES

5 c. flour
1 tsp. salt
2 tsp. soda
1 1/2 c. brown sugar
1 large pkg. chocolate
chips

2 c. butter or shortening
1 1/2 c. white sugar
4 eggs
4 Tbsp. hot water
2 tsp. vanilla
2 c. chopped nuts

Cream butter and sugar. Add eggs. Add hot water and vanilla. Add dry ingredients, nuts and coconut if desired. Add chocolate chips last. Bake at 350° for 20 minutes.

Marge Goff

CHOCOLATE CHIP COOKIES

3/4 c. margarine
3/4 c. shortening
3/4 c. sugar
1 1/2 c. brown sugar
1 1/2 tsp. vanilla

3 eggs
3 c. flour
1 1/2 tsp. baking soda
1 tsp. salt
1 (12 oz.) pkg. chocolate
chips

Cream shortening, sugar, brown sugar, margarine and vanilla until light and fluffy. Add eggs and beat well. Add combined sifted dry ingredients to creamed mixture. Stir in chocolate chips. Bake at 375° for 8 to 10 minutes. Yield: 9 dozen.

Karen H. Nelson

CHOCOLATE CHIP ZUCCHINI COOKIES

1/2 c. shortening	1 tsp. baking powder
1/2 c. sugar (white)	1/2 tsp. baking soda
1 c. brown sugar	1 tsp. cinnamon
2 eggs	1/2 tsp. salt
1 tsp. vanilla	3 1/2 c. flour
3 c. coarsely grated, unpeeled raw zucchini	1 c. chopped nuts
	1 c. chocolate chips

To measure flour, stir, then spoon into cup and level. If zucchini seems especially moist, add another 1/2 cup flour. Cream together shortening and sugars, then beat in eggs and vanilla until fluffy. Stir in zucchini, sifted dry ingredients, nuts and chocolate chips. Drop by teaspoonfuls onto greased cookie sheets and bake at 375° for 12 to 15 minutes. Makes 6 dozen cookies. Also 2 cups rolled oats may be used in place of 1 cup flour. Also raisins, currants, or dates may be used in place of chocolate chips.

Karen Milkovich

CHOCOLATE MARSHMALLOW BARS

1 c. butter	1 1/2 c. flour
1/3 c. cocoa	1 1/2 c. chopped nuts
2 c. sugar	2 tsp. vanilla
4 eggs	Miniature marshmallows

Mix ingredients (except marshmallows); pour into greased and floured cake pan. Bake at 350° for 25-30 minutes. Take out of oven and place marshmallows to cover top of bar mixture. Return to oven for 1-3 minutes (to soften marshmallows). Cool. Frost with chocolate frosting.

Frosting:

1/3 c. butter
1 2/3 c. powdered
sugar

1/3 c. cocoa
1/3 c. evaporated milk

Christy Watts

CHOCOLATE OATMEAL SQUARES

1 c. shortening
2 c. brown sugar
2 eggs
1 tsp. baking soda
1 c. nuts

1 tsp. salt
1 1/2 c. flour
1 tsp. vanilla
4 c. oatmeal

Filling:

1 (12 oz.) pkg.
chocolate chips
1 can Eagle Brand
milk

2 tsp. vanilla
1 tsp. salt
2 Tbsp. butter

Mix together the first nine ingredients and press 1/2 of this mixture onto a large, greased cookie sheet.

Filling: Melt ingredients together in a double boiler and cook for 5-10 minutes. Spread on top of dry mixture in cookie sheet. Crumble remaining dry mixture on top of chocolate. Bake at 350° for 15-20 minutes.

Shauna Maughan

CONGO SQUARES

2 3/4 c. flour
2 1/2 tsp. baking soda
1/2 tsp. salt
2/3 c. shortening
2 1/4 c. brown sugar
3 eggs

1/2 c. milk
1 c. nuts
1 pkg. chocolate chips
1 tsp. vanilla
Coconut

Sift together:

2 3/4 c. flour
2 1/2 tsp. baking soda

1/2 tsp. salt

Melt and cool:

2/3 c. shortening

2 1/4 c. brown sugar

Combine all the above; add 3 eggs, one at a time. Add about 1/2 cup milk until mixable; add 1 cup nuts, 1 package chocolate chips, 1 teaspoon vanilla, coconut. Bake at 350° for 25-30 minutes in well greased, floured pan. Cut into squares.

Karen Mahon

DOUBLE CHOCOLATE OATMEAL COOKIES

1 1/2 c. sugar

1 c. margarine or
butter

1 egg

1/4 c. water

1 tsp. vanilla

1 1/4 c. flour

1/3 c. cocoa

1/2 tsp. baking soda

1/2 tsp. salt

3 c. quick-cooking oats

1 (6 oz.) pkg. chocolate chips

Mix ingredients. Bake at 350° for 10-12 minutes.

Valerie A. Behrend

15-MINUTE COOKIES

2 c. sugar

1/4 c. butter

1/2 c. milk

4 Tbsp. cocoa

2 c. oats

1/2 c. peanut butter

1 tsp. vanilla

Mix the first four ingredients together and bring to a boil for 1 minute. Add the last three; mix well. Drop by spoon on wax paper.

Sydney Newson

HELLO DOLLY SQUARES

Melt 1 cube butter in 9x9x2 inch pan and then add in layers:

- | | |
|---|---|
| 1 c. graham cracker crumbs | 1 c. chopped pecans |
| 1 c. shredded coconut | 1 can Borden's Eagle Brand, poured over all |
| 1 c. or 1 pkg. peanut butter chips or chocolate chips | |

Bake in 350° oven for 30 minutes. Cut while barely warm.

Nancy Chatterton

ICELAND HALF MOON COOKIES

- | | |
|------------------------|------------------------------|
| 2 1/2 c. flour | 1/2 tsp. Ammonium Carbonate* |
| 2/3 c. sugar | 1 1/3 c. butter |
| 1/2 tsp. baking powder | 1 egg |
| 1 tsp. ground cardamon | 1 (10 oz.) jar apple butter |

*May substitute soda, but A.C. is best if it can be located at pharmacy or Scandinavian shops.

Sift first (5) five ingredients into bowl. Cut butter into small pieces and add to dry ingredients; work with fingers until well blended. Beat egg with wire whisk and add to other. Mix well and refrigerate for 1 hour in same bowl. Preheat oven to 350°. Grease cookie sheets. Flour pastry or bread board. Roll flour out on board until 1/4 inch thick or thinner. Cut out in circles and arrange on baking sheet. Put 1/2 teaspoon apple butter (or other desired filling) on each cookie; fold over and seal edge with fork. Yield: 5-6 dozen.

Jackie Taylor

JENNIE'S MOLASSES CRINKLES

- | | |
|--------------------------|-----------------|
| 4 c. flour (whole wheat) | 2 tsp. cinnamon |
| 2 tsp. baking soda | 2 tsp. ginger |
| | 1 tsp. salt |

1 c. shortening	2 eggs
1 c. sugar	1 c. molasses

Combine flour, soda, cinnamon, ginger and salt in sifter and set aside. Cream shortening and sugar until fluffy. Beat eggs and molasses into mixture. Stir in flour mixture until well blended. Drop by teaspoonfuls 1/2 inch apart on a greased cookie sheet. Bake at 375°, 12-15 minutes. Makes 8 dozen cookies.

Jennifer Hooper

KLEINERS (DANISH CHRISTMAS COOKIES)

3 eggs	1 tsp. baking powder
1 c. sugar	1/8 tsp. salt
3 Tbsp. heavy cream	2 1/2 - 3 1/2 c. flour
3 Tbsp. melted butter	1 tsp. vanilla

Beat eggs well. Add sugar gradually. Add cream and butter and mix well. Sift baking powder, salt and flour and add to mixture. Add vanilla. Mix well and chill dough overnight or for at least 2 hours. Roll out dough, cutting into strips and then into triangles. Make a slit in the center of each and pull one end of triangle through it. Fry in hot oil and drain.

Beverly King

LEMON BARS

3/4 c. margarine	1 1/2 c. flour
1/3 c. powdered sugar	

Mix like pie crust; press into 9x13 inch pan; bake at 350° for 15 minutes. Meanwhile, mix:

3 eggs	1/3 c. lemon juice
1 1/2 c. white sugar	1/2 c. coconut
4 Tbsp. flour	

Pour mixture over crust and bake, 15-20 minutes or until middle is set. Sprinkle with powdered sugar and let cool. Cut into bars.

Evelyn Monson

LEMON CHOCOLATE CHIP COOKIES

9 Tbsp. shortening	4 1/2 c. flour
3 c. sugar	3/4 tsp. salt
6 eggs	6 tsp. baking powder
6 tsp. lemon	18 Tbsp. milk

Cream shortening and sugar. Beat in eggs and lemon; sift flour, salt and baking powder. Add milk and beat well. Add chocolate chips and nuts if desired. Bake at 350°, 10-15 minutes.

Vickie Reading

M&M'S SUPER CHOCOLATE NUT COOKIES

(Makes 5 dozen)

1 (lb.) pkg. M&M's plain chocolates	3/4 c. granulated sugar
2 1/2 c. flour	3/4 c. packed brown sugar
1/2 tsp. baking soda	2 eggs
1/2 tsp. salt	1 tsp. vanilla
1 c. butter or margarine, softened	1 c. chopped pecans

Chop 1 1/2 cups of the candies; save the rest for decoration. Stir together flour, baking soda and salt. Cream butter and sugars in large bowl until light and fluffy. Add eggs and vanilla. Gradually beat in flour mixture. Add chopped candies and nuts. Drop by rounded tablespoon onto lightly greased pan. Bake at 350° for 6 to 7 minutes. Remove from oven and put 3 whole candies on top of each cookie. Return to oven 3-5 more minutes.

Elaine Gamble

MAGIC COOKIE BARS

1/2 c. butter	1 (6 oz.) semisweet chocolate chips
1 1/2 c. graham cracker crumbs	3 1/2 oz. coconut
1 (14 oz.) Eagle Brand milk	1 c. chopped nuts

Preheat oven at 350° for metal cake pan; at 325° for glass cake pan. Melt butter; sprinkle crumbs; pour Eagle Brand evenly over crumbs. Top with remaining ingredients. Press down gently. Bake 30 minutes. Cool and cut into bars.

Valerie A. Behrend

MARZIPAN COOKIES

2 c. very finely ground almonds	1 c. powdered sugar
1 c. fine granulated sugar	1/2 tsp. almond extract
	4 egg whites

Mix together almonds and both sugars. Add extract and blend well. Add 4 egg whites and beat vigorously until creamy. Drop by teaspoonfuls on buttered baking sheet, 2 to 3 inches apart. Bake at 350° for 15 minutes. Remove quickly and carefully.

Bonnie Kingsley

MOAB BROWNIES

Bring to boil, 2 cubes margarine, 4 tablespoons cocoa and 1 cup water. Have a mixing bowl, 2 cups flour, 2 cups sugar, 1/2 teaspoon salt. While beaters are going, pour in hot mixture and beat. Add 2 eggs, 1/2 cup milk, 1/2 teaspoon soda, 1 teaspoon vanilla and beat. Batter will be thin; pour into dripper pan and bake at 375° for 30 minutes.

Fudge Frosting: Bring to boil 1 cube margarine, 6 tablespoons milk, 4 tablespoons cocoa, dash of salt and 1 teaspoon vanilla. Pour hot mixture over 1 pound powdered sugar (can use much less) and beat until smooth. Add 1/2 cup nuts. Pour over cake 5 minutes after cake is taken from oven. Put in refrigerator for awhile until frosting sets up.

Carolyn Burton

NO BAKE CHOCOLATE COOKIES

2 c. sugar	1/2 c. butter
1/2 c. milk	4 Tbsp. cocoa

2 1/2 c. quick cooking
oats
1 c. coconut

1 tsp. vanilla
1 c. chopped nuts

Boil sugar, milk, butter and cocoa, 1 to 1 1/2 minutes. Remove from heat; add oatmeal, coconut, vanilla and nuts. Beat until blended, then drop on wax paper to cool.

Ann Hurst

OLD FASHIONED OATMEAL COOKIES

1 c. raisins
1 c. water
3/4 c. shortening
1 1/2 c. sugar
2 eggs
1 tsp. vanilla
2 1/2 c. flour
1 tsp. soda

1 tsp. salt
1 tsp. cinnamon
1/2 tsp. baking powder
1/2 tsp. cloves
2 c. oats
1/2 c. chopped nuts or
1 1/2 c. chocolate chips

Simmer raisins and water over medium heat until raisins are plump, about 15 minutes. Drain raisins, reserving the liquid. Add enough water to reserved liquid to measure 1/2 cup. Heat oven to 400°. Mix thoroughly shortening, sugar, eggs and vanilla. Stir in reserved liquid. Blend in remaining ingredients. Drop dough by rounded teaspoonfuls about 2 inches apart onto ungreased baking sheet. Bake 8 to 10 minutes or until light brown. About 6 1/2 dozen cookies.

Laurie Bosh

PEANUT BUTTER COOKIES

1 tsp. vanilla
1 c. shortening
1 c. sugar
1 c. brown sugar
1/4 tsp. salt

2 eggs
1/2 lb. peanut butter
2 tsp. baking soda
2 1/2 c. flour or 1 1/2 c.
oatmeal

Cream sugars, shortening, vanilla and eggs. Add salt and soda. Then cream in peanut butter. Stir in flour; mix well. Roll in small balls. Place on cookie sheet. Pinch down with fork. Bake at 350° for approximately 10-12 minutes.

Pat Swenson

PEANUT BUTTER BARS

1/2 c. butter	1/4 c. milk
1/2 c. sugar	1 c. flour
1/2 c. brown sugar	1 c. oats
1/3 c. peanut butter	1/2 tsp. baking soda
1/2 tsp. vanilla	1/2 tsp. salt
1 egg	

Mix above in order well. Add oats last. Stir until mixed well. Bake at 350° for 20 minutes. Cool; frost. If you double, also double baking time.

Marge Goff

PEANUT BUTTER FINGERS

1 c. flour	1 egg
1 c. rolled oats	1/2 tsp. soda
1/3 c. peanut butter	1/4 tsp. salt
1/4 c. brown sugar	1/2 tsp. vanilla
1/2 c. white sugar	1 c. chocolate chips
1/2 c. shortening	

Frosting:

1/4 c. peanut butter	4-6 Tbsp. canned evaporated
1/2 to 3/4 c. powdered sugar	milk

Combine sugars and shortening and cream till fluffy. Add egg and vanilla and peanut butter. Stir in dry ingredients. Place on greased jelly roll pan; spread all dough equally over pan. Bake at 350° for 10-12 minutes. When golden brown, sprinkle chocolate chips on and let them melt. Remove from the oven and spread with Frosting, swirling Frosting with chocolate chips. Cool and cut into long, thin fingers.

Ruth Dallas

PUMPKIN NUT BARS

1/2 c. shortening	1/4 tsp. ginger
1 c. packed brown sugar	1/4 tsp. nutmeg
1 c. flour	2/3 c. pumpkin
1/2 tsp. soda	2 eggs
1/2 tsp. baking powder	1 tsp. vanilla
1 tsp. cinnamon	1/2 c. chopped nuts

Cream shortening and sugar until fluffy. Add eggs and mix well. Sift dry ingredients and add alternately with pumpkin. Stir in vanilla and nuts. Spread evenly in a greased and lightly floured 13x9x2 inch pan. Bake in 350° oven for 20 to 25 minutes. Spread when cool with orange frosting.

Wilma Simpson

RANGER MACAROONS

1 c. butter	1 tsp. soda
1 c. brown sugar	1 tsp. salt
1 c. white sugar	2 c. corn flakes
2 eggs	2 c. oatmeal
1 tsp. vanilla	1 c. coconut
1 c. flour	1 c. nuts
1 tsp. baking powder	

Cream butter and sugars. Add eggs and vanilla. Sift flour, soda, baking powder and salt. Add to creamed mixture; mix well. Add corn flakes, oatmeal, coconut and nuts. Chill overnight. Roll into 1 inch balls. Place on cookie sheet and flatten. Bake at 350° for 8-10 minutes.

Barbara Sandford

SLICE & BAKE FROZEN SUGAR COOKIES

2 c. butter, softened	2 tsp. vanilla extract
2 c. granulated sugar	1 tsp. lemon extract
3 eggs	6 c. flour
	1 tsp. baking soda

Cream butter and sugar. Add eggs, vanilla and lemon extract until light and fluffy. Add dry ingredients. Divide into 4 equal pieces. Shape each piece into a 8 or 9 inch roll, 2 inches wide. Place roll on waxed paper and roll up. Place that on piece of aluminum foil. Freeze, until needed. Pre-heat oven to 350°. Cut roll into 1/4 inch slices and place on cookie sheet, 1/2 inch apart. Bake 8 minutes.

Cecilia Christensen

WOW! BANANA DROPS

1 1/4 c. granulated sugar	2 1/4 c. sifted flour
2/3 c. shortening	2 tsp. baking powder
1 tsp. vanilla	1/4 tsp. soda
2 eggs, unbeaten	1/2 tsp. salt
1 c. mashed, ripe bananas (about 3)	1 c. chopped nuts

Cream sugar, shortening, vanilla until light and fluffy. Add eggs and beat well. Stir in mashed bananas. Sift flour with baking powder, soda and salt. Add and mix well. Stir in nuts. Chill 30 minutes. Drop by spoonfuls. Mix 1/2 cup sugar and 1/2 teaspoon cinnamon. Sprinkle over unbaked drops. Bake at 400° for 8-10 minutes until lightly brown. Makes about 5 dozen. Moist and soft.

Tammy L. Tischner

SUGAR COOKIES

1 1/2 c. powdered sugar	1 tsp. vanilla extract
1 c. butter or margarine	1/2 tsp. almond extract
1 egg	2 1/2 c. flour
	1 tsp. soda

Cream sugar and butter. Add egg and flavorings. Stir in dry ingredients. Cover dough and refrigerate about one hour. Roll out on lightly floured surface and cut into desired shapes. Bake at 375° for 5 minutes. Cool. Sprinkle with sugar.

Jeanene Reid

SKILLET COOKIES

3/4 c. sugar
1 cube margarine

2 eggs
1 1/2 c. dates

Mix together in skillet and simmer 5 minutes. Add:

1 tsp. vanilla
2 c. Rice Krispies

Walnuts or pecans

Shape into balls and roll in coconut.

Penny Lundquist

SNICKER DOODLES

1 c. shortening
1 1/2 c. sugar
2 eggs
2 3/4 c. flour

2 tsp. cream of tarter
1 tsp. soda
1 tsp. salt
1 tsp. vanilla

Mix together shortening, sugar, eggs. Sift together and stir in flour, cream of tarter, soda and salt. Chill for 2 hours. Roll balls in:

2 Tbsp. sugar

2 tsp. cinnamon

Bake at 350° or 375° for 8-10 minutes.

Wendy Kelson

SOFT GINGERSNAPS

4 c. flour
4 tsp. soda
1 tsp. salt
2 Tbsp. ginger
2 tsp. cinnamon

1 1/2 c. cooking oil
2 c. sugar
2 eggs
1/2 c. molasses

Sift dry ingredients and set aside. Beat together oil, sugar, eggs and molasses. Stir in dry ingredients until blended. Chill for 1 hour, then form into balls, using 1 teaspoon of dough. Roll in granulated sugar and bake on

ungreased baking sheet at 350° for 8 minutes. Cool on rack. Makes 4 dozen cookies.

Beverly King

SUGAR COOKIES

1 c. shortening or butter	1 c. milk
2 c. sugar	7 c. flour
2 eggs	1 tsp. salt
	8 tsp. baking powder

Cream together first three ingredients. Sift together in separate bowl the last three ingredients. Stir dry ingredients alternately with 1 cup of milk into creamed mixture. Mix together well until mixture is a good dough consistency. Roll out on floured board approximately 1/4 inch thick. Cut with cookie cutters. Place on cookie sheets and bake at 350° for exactly 9 minutes, no longer. Makes a lot of cookies. Cool and frost.

Marcha Freeze

DESSERTS

SHERBET

1 (48 oz.) can orange Hi-C	1 c. sugar
1 can condensed milk	1 (#2) can crushed pineapple
	1 tall can evaporated milk

Place all ingredients into ice cream freezer and churn.

Elaine Gamble

"TUTTI-FRUITTI" ICE CREAM

1 c. crushed pineapple	4 c. sugar
6 Tbsp. lemon juice	1/2 c. chopped cherries
3 c. pineapple juice	1/2 c. cherry juice
1 1/2 pt. whipping cream	3/4 - 1 c. pecans, chopped
2 cans milk (Sego)	4 bananas, sliced and quartered
	6 c. milk

Mix all ingredients together in ice cream freezer and freeze as directed.

Dana Tye

RON'S HOMEMADE ICE CREAM

4 eggs	Regular milk, filled to 2
2 c. sugar	inches from top
2 cans canned milk	Fresh, canned or frozen fruit
4 Tbsp. vanilla	(if desired)

Freeze in ice cream freezer.

Cheryl Bernhardt

HOT FUDGE SAUCE

In double boiler, put:

1/2 c. margarine	Pinch salt
4 sq. chocolate	

Stir till melted. Add:

3 c. sugar	1 large can evaporated milk
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Heat until dissolved. Add: 1-2 teaspoons vanilla.

Shauna Maughan

ALMOND SWISS CREAM

1 Tbsp. gelatin	2 c. whipped cream
1/4 c. cold water	1 tsp. pure vanilla
1/2 c. boiling water	1/4 lb. blanched almonds
1/2 c. honey	12 marshmallows
1/2 c. apple juice	1/2 c. shredded coconut

Soften gelatin with cold water. Add boiling water and honey; stir to dissolve. Add apple juice. Cool mixture until of egg white consistency. Fold in whipped cream, vanilla, blanched almonds, marshmallows, coconut. Put in moistened molds and chill until firm.

Sammy Pearson

APPLE PUDDING

2 eggs	2 tsp. cinnamon
2 1/2 c. flour	1 1/2 tsp. nutmeg
2 c. sugar	2 c. grated apples
1/2 c. butter	

Stir all together. Pour in 13x9 inch dripper. Put 1/2 cup brown sugar, 2 tablespoons melted butter, 1/2 cup nuts. Bake at 350° for 45 minutes. Use whipped cream or sauce.

Wendy Kelson

APPLE PUDDING

1 c. sugar	1 tsp. soda
1/4 c. butter	1 tsp. nutmeg
1 egg	1 tsp. cinnamon
1 c. flour	2 c. chopped, raw apples
Pinch of salt	1/2 c. nuts

Cream together sugar, butter, eggs. Sift together flour, salt, soda and spices and add to first mixture. Add chopped apples. Bake at 350° for 30 minutes or until done. Serve with whipped cream or Sauce.

Sauce:

2/3 c. brown sugar	2/3 c. Karo syrup
4 tsp. butter	

Boil to soft ball stage. Remove from stove and add 3/4 cup canned milk.

Peggy Thorstrom

CHRISTMAS STEAMED PUDDING

1 1/2 c. brown sugar	1/2 c. molasses
1 1/2 c. margarine or shortening	6 c. bread crumbs
3 eggs	3 c. milk
1 c. white sugar	3 tsp. soda
	1/2 tsp. salt

3 tsp. cinnamon
1 1/2 tsp. nutmeg
1/2 lb. walnuts

1 c. grated carrots
2 c. raisins
1 c. chopped dates

Cream sugars, eggs and shortening. Add molasses. Mix bread crumbs and milk. Add all remaining ingredients. Steam for 2 hours in Crisco can covered with foil. Serves 25. Serve with pudding over the top and a sugar cube dipped in lemon extract will burn.

Ruth Dallas

CHERRY MARSHMALLOW DESSERT

24 graham crackers,
crushed fine
2 Tbsp. melted butter
4 Tbsp. brown sugar

1/2 pt. whipped cream
1 c. small marshmallows
1 can cherry pie filling

Mix together first 4 ingredients and spread and pat down one-half of crumbs in an 8x10 inch pan. Layer 1/2 cup marshmallows, all the pie filling, 1/2 cup marshmallows, the remaining crumbs and press down. Let stand overnight or freeze.

Carol Johnson

CHOCOLATE COOL WHIP DESSERT

1 c. flour
1/2 c. nuts
1/2 c. butter
8 oz. pkg. softened
cream cheese

1 c. powdered sugar
1 large Cool Whip
1 large pkg. chocolate
pudding
2 1/2 c. milk

Combine first 3 ingredients and pat into 9x13 inch pan. Bake at 350° for 10-15 minutes. Cool. Beat sugar and cheese until light; add Cool Whip and pour into crust. Make pudding with milk; let cool, then pour on cheese mixture. More Cool Whip and nuts is good on top. Best if made the day before.

Debbie VanOostendorp

CHOCOLATE PEPPERMINT SUPREME

1/2 c. butter	1 c. whipping cream
1 c. powdered sugar	1 (3 oz.) pkg. hard peppermint candy, crushed
3 eggs, separated	1/2 c. mini marshmallows
1 oz. unsweetened chocolate, melted	1/2 c. chopped nuts
1/2 c. chopped nuts	1 graham cracker crust

Cream butter and powdered sugar. Add egg yolks, melted chocolate and 1/2 cup nuts. In another bowl, beat egg whites until soft peaks form. Fold in chocolate mixture. Set aside. Spread chocolate mixture over graham cracker crust. Refrigerate 1 hour. Whip cream until stiff peaks form. Fold in peppermint candy, marshmallows and 1/2 cup nuts. Spoon evenly over chilled chocolate mixture. Sprinkle with more graham crackers. Refrigerate at least 1 hour.

Cecilia Christensen

CHOCOLATE YUM YUM

2/3 c. butter	Pinch salt
2 c. powdered sugar	1 tsp. vanilla
3 egg yolks, beat lightly	1/2 c. nuts
2 sq. melted chocolate	3 egg whites, well beaten
1 qt. vanilla ice cream	Graham cracker crumbs

Cream butter, powdered sugar, egg yolks, chocolate, salt, vanilla, nuts. Fold in egg whites. Butter 9x13 inch pan. Pat in graham crackers; pour in filling. Freeze 2 hours. Let ice cream thaw until spreadable and spread ice cream. Top with nuts and crumbs.

Valerie A. Behrend

MICROWAVE BLUEBERRY OR CHERRY CRUNCH COBBLER

1/2 c. butter or margarine	1 c. (21 oz.) prepared cherry or blueberry pie filling
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1 c. (8 oz.) crushed
pineapple, undrained
1 (9 oz. or 1 layer
size) pkg. yellow
cake mix

1/2 c. chopped nuts

Microwave (high) butter in small glass dish for 1 minute or until melted. Spread pie filling in 10-inch quiche dish or 9x12 inch baking dish. Top with undrained pineapple, then sprinkle with dry cake mix and nuts. Drizzle melted butter over the top. Microwave (high) uncovered 14-16 minutes or until bubbly throughout, turning once or twice, if desired. Serve warm or cold with whipped cream. Makes 8 servings.

Ann Hughes

DUTCH OVEN PEACH COBBLER (Yummy for camping trips.)

2 qt. peaches
1 c. brown sugar
1 c. tapioca

1 cherry cake mix
Eggs (for cake mix if
required)

Start camp fire well in advance to make sure there are a lot of good glowing coals. Line your Dutch oven with aluminum foil to prevent a sticky clean-up job. Combine peaches, brown sugar and tapioca in Dutch oven and gently mix. Mix up cherry cake mix according to package directions, stirring by hand until smooth. Pour cake batter over the peaches in the Dutch oven. Cover with lid. Place Dutch oven in hot coals--heaping more coals around sides and on top of the oven. Let cook for 30 to 40 minutes. A lot will depend on how hot the coals are. Check to make sure cake batter is done. Serve with cream or canned milk over top.

Mavourneen Gardner

CREAM CHEESE DESSERT

1 c. flour
1/2 c. margarine
1 c. chopped nuts
1 (8 oz.) pkg. cream
cheese

1 c. powdered sugar
8 oz. Cool Whip
2 small pkg. instant chocolate
pudding

Mix flour and margarine together until smooth and soft (like play dough); add nuts. Pat into bottom of pan (9x13 inch). Bake at 325° for 20 minutes or until very light tan. Let cool. Mix cream cheese and powdered sugar. Whip with mixer, until smooth; layer in pan. Now add a layer of Cool Whip. Mix pudding with 2 cups milk, then layer it into pan top with more Cool Whip and nuts. Chill several hours before eating.

Bonnie Madsen

DREAMY ORANGE CHARLOTTE

4-5 oranges	2 Tbsp. water
1 lemon	3 egg whites
8 oz. fine sugar	1/2 pt. heavy cream
1/2 oz. powdered	2 Tbsp. maraschino cherries
gelatin	Fresh fruit (to decorate)

Squeeze the juice from 2 oranges and the lemon; remove the pulp from 1 of the oranges. Place the juice and pulp in pan; add sugar, gelatin and water. Stir over gentle heat until gelatin dissolves. Place in cool place until mixture starts to thicken. Peel remaining oranges and divide into segments, removing the skin and pith. Line a rinsed 8 inch ring mold with orange segments. Whisk the chilled mixture until frothy and fold in the stiffly whisked egg whites. Whip cream until thickened and fold into orange mixture. Chop cherries and add 2/3 of them to mixture. Pour into mold and leave to set. To serve, turn the mold out and fill the center with fresh fruit and remaining cherries. Serve with whipped cream.

Barbara Sandford

JELLO GRAHAM CRACKER DESSERT

1 sq. butter	1 c. chopped nuts
1/3 c. sugar	1 pkg. crushed graham
3 eggs	crackers
1 c. crushed	2 pkg. strawberry jello
pineapple	

Cream butter and sugar and add 3 beaten egg yolks and cream together good. Add pineapple and nuts and fold in beaten egg whites. Dissolve the two packages of jello and

let start to set. Line large, oblong pan with half of graham crackers. Cover with filling and top with rest of graham crackers. Pour lightly set jello over all and let set. Cover with Saran Wrap or foil. Let set overnight.

Carolyn Scharnan

LEMON LUSH

1. Mix well together:

1 1/2 c. flour

1 1/2 sq. margarine

Pat into 9x13 inch pan. Bake 20 minutes at 325°. Cool.

2. Mix together:

1 (8 oz.) pkg. cream
cheese, softened

1 c. powdered sugar
2 c. Cool Whip (9 oz. size)

Spread on crust. Chill 1/2 hour.

3. Mix together:

3 c. milk

2 small pkg. instant lemon
pudding

Spread over cream cheese mixture. Top with remaining Cool Whip. Sprinkle with sliced almonds. Chill overnight.

Note: Lemon pudding can be substituted for chocolate pudding.

Andrea Watts

LIME PEAR DELIGHT

1 pkg. small lime
Jell-O

2 (8 oz.) cream
cheese

2 Tbsp. milk or cream

1 - 1 1/2 c. Cool Whip
1 bottle of pears (large)
1 c. boiling water
1 c. pear juice

Chill pears. Drain and reserve juice. Mash pears with fork; set aside. Dissolve Jell-O in boiling water; add cold pear juice. Refrigerate until partially set. In large bowl, soften cream cheese. Mix with electric beater slowly adding

milk (or cream) and Cool Whip. Add pears and partially set Jell-O. Mix until well blended. Pour into bowl or oblong cake pan; chill until set.

Kris Langheinrich

PINEAPPLE ICE BOX DESSERT

1/2 lb. vanilla wafers	2 eggs
1/2 c. butter or margarine	9 oz. can crushed pineapple
1 1/2 c. confectioners' sugar	1/2 pt. whipping cream

1. Crush 1/2 pound vanilla wafers. Put half in bottom of 2x8x8 inch pan. 2. Cream 1/2 cup butter and 1 1/2 cup confectioners' sugar. Add 2 eggs, one at a time; beat until smooth and creamy. Pour into pan. 3. Drain 9 ounce can crushed pineapple; add to 1/2 pint whipping cream, whipped stiff. Pour into pan. 4. Sprinkle remaining vanilla wafers on top. 5. Refrigerate overnight.

Marsha Bills

PISTACHIO NUT DESSERT

1 1/2 c. flour	Cream cheese (8 oz.)
1/2 c. chopped pecans	1 c. powdered sugar
1 sq. butter	2 small Jell-O instant pistachio pudding
Cool Whip (9 oz.)	3 c. milk

Layer 1: Mix together flour, pecans and butter. Press into bottom of 9x13 inch pan and bake at 350° for 20 minutes. Let cool.

Layer 2: Mix together 1/2 of Cool Whip, cream cheese and powdered sugar. Spread carefully over Layer 1.

Layer 3: Whip pudding and milk together and pour over Layer 2. Refrigerate several hours. Spread remaining Cool Whip on top before serving.

Nola VanderLinden

RASPBERRY-ALMOND TART

6 c. fresh or frozen unsweetened raspberries	2 c. finely ground unblanched almonds
3/4 c. sugar	1/2 tsp. baking powder
1 Tbsp. lemon juice	2/3 c. butter or margarine
2 inches stick cinnamon (optional)	2/3 c. sugar
2 c. all-purpose flour	1 egg
	1/2 tsp. vanilla
	1/2 tsp. finely shredded lemon peel

In saucepan, combine the raspberries, the 3/4 cup sugar, the lemon juice and cinnamon. Boil gently, stirring frequently, about 45 minutes or till mixture is reduced to 2 cups. Discard cinnamon. Set mixture aside to cool. Meanwhile, stir together the flour, ground almonds and baking powder; set aside. In a large mixer bowl, beat the butter or margarine on medium speed of electric mixer about 30 seconds. Add the 2/3 cup sugar and beat till light and fluffy. Add egg, vanilla and lemon peel; beat till blended. Gradually add the flour mixture to the creamed mixture, beating well. Cover and chill for 30 minutes or till firm. Reserve one-third of the dough for the lattice top. On floured surface, roll remaining dough to a 14-inch circle; line the bottom and sides of an 11-inch quiche dish with dough. Spread cooled fruit mixture evenly over crust. On a lightly floured surface, roll the reserved dough to an 8 x 5 1/2 inch rectangle, cut into eight, 1-inch wide strips. Using a long spatula, carefully transfer dough strips, one at a time, to the top of the tart. Place strips in a spoke fashion, meeting in the center of the tart. Press strips to edges of crust to seal. Bake tart in a 350° oven about 35 minutes or till crust is lightly browned. If necessary, cover edge of tart with foil to prevent over-browning. Makes 12 servings.

Rita Reese

WILD RASPBERRY DESSERT

1/2 lb butter	1 1/2 c. flour
2 Tbsp. sugar	2 (3 oz.) pkg. cream cheese

2 c. powdered sugar
1 cube butter
1 c. nuts
1 c. boiling water

1 (3 oz.) pkg. raspberry jello
2 pkg. frozen raspberries

Mix together first 3 ingredients and spread in 9x13 inch pan. Bake 25-30 minutes at 350°. Cool. Mix cream cheese, powdered sugar and butter. Spread on cooled crust. Top with nuts. Mix jello and water. Add thawed berries and juice. Refrigerate till jellied. Spoon on top, nuts. Garnish with cream if desired. Keep refrigerated.

Charlene Peppinger

FRESH STRAWBERRY DESSERT

1 sq. butter or
margarine
1 c. brown sugar
1/2 c. coconut

1 c. chopped nuts
2 c. Rice Krispies
1/2 gal. vanilla ice cream

Melt together first two ingredients; add remaining ingredients except ice cream. Press 1/2 mixture into 9x13x2 inch glass dish. Soften ice cream. Carefully spread ice cream over cereal mixture. Freeze until ice cream is firm. When ice cream is set, layer remaining cereal mixture and return to freezer until ready to serve.

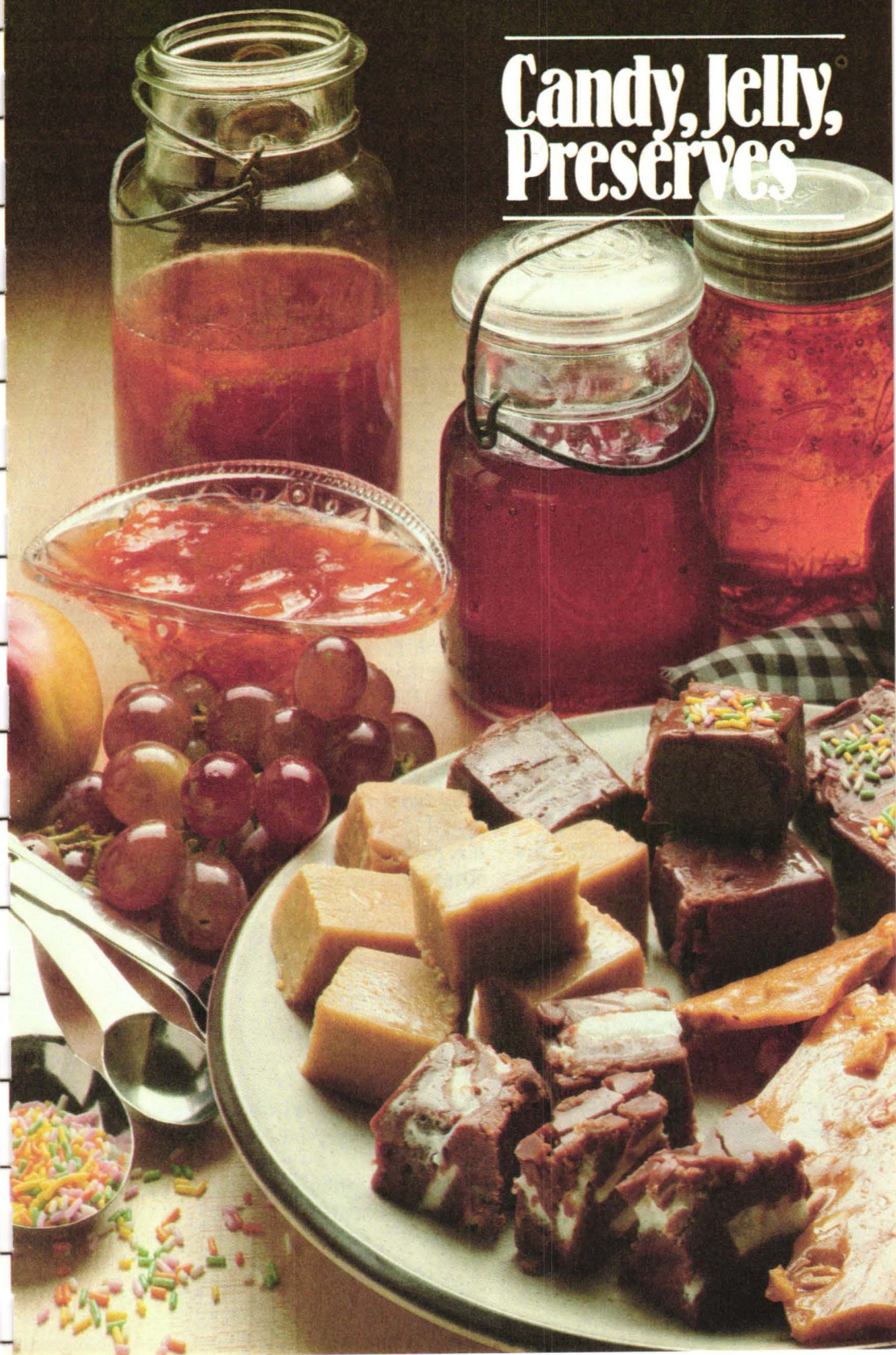
Topping: Make 1 package strawberry Danish dessert according to pie glaze recipe on package. Add 1 cup fresh strawberries, sliced. To serve, cut cereal mixture into squares; scoop topping over squares. Top with a dab of whipping cream.

Vickie Lund, Barbara Baxter

notes

notes

Candy, Jelly, Preserves



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the **SOFT BALL TEST** the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the **FIRM BALL TEST** the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the **HARD BALL TEST** the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the **LIGHT CRACK TEST** the candy will form brittle threads which will soften on removal from the water.

In the **HARD CRACK TEST** the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In **CARAMELIZING**, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

CANDY

CARAMELS

2 c. sugar	4 c. heavy cream
2 c. white Karo syrup	1 can sweetened condensed milk
Dash of salt	
1 Tbsp. vanilla	1 c. nut meats (optional)

Combine sugar, salt, corn syrup in a heavy, deep pan (like a 6 quart roaster). Bring to a boil, stirring frequently. Cook until mixture begins to change color (about 15 minutes). In the meantime, combine cream and milk and scald. After first mixture is light yellow, add scalded cream very slowly, being sure boiling never stops, stirring constantly. Allow from 30-45 minutes to add cream and to reach 230° on candy thermometer. Pour into buttered 9x13 inch pan. Cool overnight. Cut and wrap in waxed paper.

Ruth Dallas

CREAM CARAMELS

3 c. sugar	1/4 c. margarine
3 c. light Karo	1/3 tsp. salt
2 c. whipping cream	1 tsp. vanilla
1 (13 oz.) can evaporated milk	1/4 c. butter

Mix together in a heavy saucepan, sugar, syrup, salt, butter, margarine and one can evaporated milk. Place on heat and cook to a soft ball stage or 228°, stirring constantly, without diminishing the boiling; add remaining 2 cups whipping cream slowly. Continue to boil until very firm soft ball or 234°. Caramels must be stirred all through cooking. Add vanilla and place in well greased pan (approximately 9x13 inch). Let sit 24 hours; cut and wrap.

Carolyn Scharman

CREAM FONDANT

2 c. sugar	1/8 tsp. salt
1/4 tsp. cream of tarter	1 c. cream

Combine ingredients in heavy saucepan and cook on high heat until sugar dissolves. Put lid on pan and continue to cook until saucepan is full of moisture (1 minute, approximately). Add candy thermometer and turn heat to medium. Cook to 222°. Pour onto frozen, lightly buttered cookie sheet. Let sit 5 minutes. After 5 minutes, press thumb into candy mixture. If thumb impression stays, its ready to beat. Beat with wooden spoon in a figure 8 shape until mixture turns white and becomes stiff. (Like bread dough.) Knead it and add flavoring. Keep in Tupperware in refrigerator.

Ruth Dallas

GOOD & EASY CARAMEL CORN

1 cube butter or margarine	1 c. white sugar
1/2 c. light Karo	2 Tbsp. H ₂ O
1 c. brown sugar	1/3 c. canned milk

Boil together for 5 minutes. Pour over 5 quarts popped corn. Makes lots!

Cheryl Bernhardt

CARAMEL POPCORN

2 cubes butter (must be butter)	1 tsp. vanilla
1 c. sugar	Add a few to taste--dry roasted peanuts
1/2 c. light Karo syrup	

Melt butter in a saucepan, then add the sugar, syrup, vanilla, stirring constantly. Stir until soft ball stage. Then pour over popcorn, mixing well. Stir in peanuts.

Wilma Egbert

POPCORN SYRUP

1/2 c. butter
1/2 c. honey
1 tsp. vanilla

1/3 c. sugar
Dash of salt
1 tsp. soda

Boil together all ingredients except the soda until soft ball stage. Add the soda--the mixture will foam. Pour over large bowl of popcorn.

Chris Johnson

CARAMEL POPCORN BALLS

1 c. light Karo syrup
1/2 lb. butter
1 can Eagle Brand milk

1 lb. or box brown sugar
3/4 c. popcorn (or how much
you want)

Bring to boil on low heat for 8 minutes. Mix all together.

Susan Rice

CRACKER JACK POPCORN

1 sq. margarine
2 c. brown sugar
1/2 c. light corn
syrup

6 qt. popped corn
1 tsp. salt
1/2 tsp. baking soda
1 tsp. vanilla

Keep popcorn hot in 250° oven; melt margarine; stir in brown sugar, syrup and salt. Bring to a boil and cook 5 minutes without stirring. Remove from heat and stir in soda and vanilla. Pour over corn, mixing well. Put in large, shallow pan and bake at 250° for 1 hour. Stir every 15 minutes. Cool and break apart. Will not stick to teeth like candy popcorn does.

Pat Woodall

CHERRY MOUNTAIN BARS

Dipping chocolate or
Hershey's bars
Unsalted peanuts,
chopped

Cream fondant
Maraschino cherries

Melt chocolate; add enough chopped nuts to make the chocolate set and be thick. In an ice cream scoop, place a spoonful of nut mixture; line the entire scoop. Put a teaspoon of fondant in the center and put the cherry in the fondant; cover the top with nut mixture; place on waxed paper to dry. This is a good recipe to use when you clean the bowl after dipping chocolates.

Ruth Dallas

ENGLISH TOFFEE

1 c. sugar
1/4 c. hot water
2 Tbsp. white Karo
syrup

1/2 lb. butter (margarine
will not work)

Melt butter in heavy pan. Add other ingredients and stir constantly. Cook to 285° or until mixture turns light brown. Pour into a buttered pan. When cool, remove from pan and spread with melted chocolate and crushed nuts. Break into pieces when chocolate is cool.

Ruth Dallas

FUDGE

4 1/2 c. sugar
1 large can evaporated
milk
2 sq. margarine

3 (6 oz.) pkg. chocolate chips
1 tsp. vanilla
Nuts (optional)

Combine sugar and can milk in medium saucepan. Bring to a boil and boil for 7 minutes, stirring constantly. Remove from heat. Add 2 squares margarine and chocolate chips and stir until melted. Add vanilla and nuts. Pour into buttered pan. Cool.

Carolyn Curtis

MILLION DOLLAR FUDGE

2 large Hershey's bars
(with almonds)

1 (12 oz.) pkg. chocolate
chips
1 (13 oz.) jar of marshmallow
cream

(Set aside in a big bowl or pan.) In heavy pan:

1 can evaporated
milk

3/4 c. butter
4 1/2 c. sugar

Bring ingredients in the heavy pan to a boil and boil 5 minutes. Then pour over chocolate mixture and mix well till all chocolate is melted. Add 2 teaspoons vanilla and nuts. Pour in well buttered 9x13 inch pan. Refrigerate.

Denise Gregory

MINT FUDGE LOGS

2 Tbsp. corn sugar
4 c. sugar
1 1/2 c. whipping
cream

2 1/2 sq. unsweetened
chocolate
1/2 sq. butter
8 drops (oil)

Cook all ingredients except butter and mint in heavy saucepan. Stir to boil on medium high; put on lid for 3 minutes. Take lid off and finish boiling to 228° (without stirring after putting lid on). Marble slab must be cold. Grease slab with part of butter. Pour on fudge immediately when it hits 228°. Dab on butter around top. Drop on 8 drops around top. Let cool completely (until you can handle it). Knead until creamy fudge texture (add nuts if desired). Roll into logs or balls. Cool in fridge for 1 hour. Roll in green chocolate.

Carolyn Scharman

O HENRY'S

1 c. Karo syrup
1 c. sugar
1 c. peanut butter
5 c. Rice Krispies

1 (12 oz.) pkg. milk
chocolate chips
1 (6 oz.) pkg. butterscotch
chips

Combine Karo syrup and sugar and bring to a boil. Add peanut butter and pour over Rice Krispies. Spread on a cookie sheet. Melt chocolate chips and butterscotch chips together. Spread over Rice Krispies mixture.

Joyce Christensen

EASY PEANUT BRITTLE

2 c. sugar	1 1/2 tsp. butter
1 c. shelled, raw peanuts	1 tsp. vanilla

Melt sugar in a heavy pan over medium heat, stirring constantly until light brown in color. Add vanilla. Spread peanuts on a buttered cookie sheet. Pour syrup over nuts. Allow to cool thoroughly. When candy is cold, break into pieces. Makes about 3/4 pound.

Pat Swenson

MICROWAVE PEANUT BRITTLE

1 c. sugar	1 tsp. butter
1/2 c. white corn syrup	1 tsp. vanilla extract
1 c. roasted peanuts	1 tsp. baking soda

In 1 1/2 quart casserole, stir together sugar and syrup. Microwave at high, 4 minutes. Stir in peanuts. Microwave at High, 3 to 5 minutes, until light brown. Add butter and vanilla to syrup, blending well. Microwave at High, 1 to 2 minutes more. Peanuts will be lightly browned and syrup very hot. Add baking soda and gently stir until light foamy. Pour mixture onto lightly greased cookie sheet or unbuttered non-stick, coated cookie sheet. Let cool 1/2 to 1 hour. When cool, break into small pieces and store in airtight container. Makes about 1 pound.

Peggy Thorstrom

REESE'S PEANUT BUTTERCUPS

1 1/2 c. graham
crackers, mash fine
in blender

1 box powdered sugar
2 c. peanut butter
1 1/2 cubes margarine

Mix cracker and sugar. Melt peanut butter and margarine together. Mix with dry ingredients. Press in cookie sheet (with sides). Melt 1/2 cube margarine and 6 ounce package chocolate chips and spread on top. Refrigerate.

Brenda Alison

JELLY / PRESERVES

PEACH JAM

Peel and cut ripe peaches into small pieces. Place peaches in large kettle. Add no water; heat slowly. Crush peaches as they soften. Cook slowly about 20 minutes. Measure peach pulp. Add 1 cup sugar for each cup peaches. (You can cut sugar to 3/4 cup.) Return to heat and cook until thick (20 minutes.) Pour in sterilized jars within 1/4 inch from top. Put on cap; screw band tight. Process in boiling water bath, 15 minutes.

Charlene Peppinger

PEACH JAM WITH JELLO

5 c. peaches, ground
5 c. sugar
1 pkg. orange jello

1 c. crushed pineapple
8 cherries, cut up (if
desired)

Boil all ingredients except jello for 20 minutes. Add one package jello. Stir until dissolved and bottle. All fruits can be used.

PEACH-ORANGE MARMALADE

2 qt. chopped, peeled peaches	1 1/2 c. chopped orange pulp
3/4 c. grated (on the large grater)	2 Tbsp. lemon juice
orange peel	5 c. sugar

Combine all ingredients. Bring to a boil slowly. Stir until sugar dissolves. Cook rapidly until thick, stirring to avoid scorching--about 25 minutes. Pour while hot into hot, sterile jars. Seal. Yields: 4 pints.

Ruth Dallas

STRAWBERRY AND RASPBERRY JAM

2 c. crushed fruit	6 c. sugar
2 c. water	1 pkg. pectin
1 pkg. unsweetened strawberry or raspberry Kool-Aid	

Combine fruit, water, punch, pectin and bring to a boil. Add sugar and boil for 3 minutes longer. Cool 3-5 minutes; skim and bottle. Seal with melted wax or canning lids.

Shauna Maughan

SPICED APPLE RINGS

12 apples	1 1/2 tsp. allspice
1 c. sugar	1 tsp. mace
8 c. water	1 tsp. whole cloves
4 tsp. red food coloring	

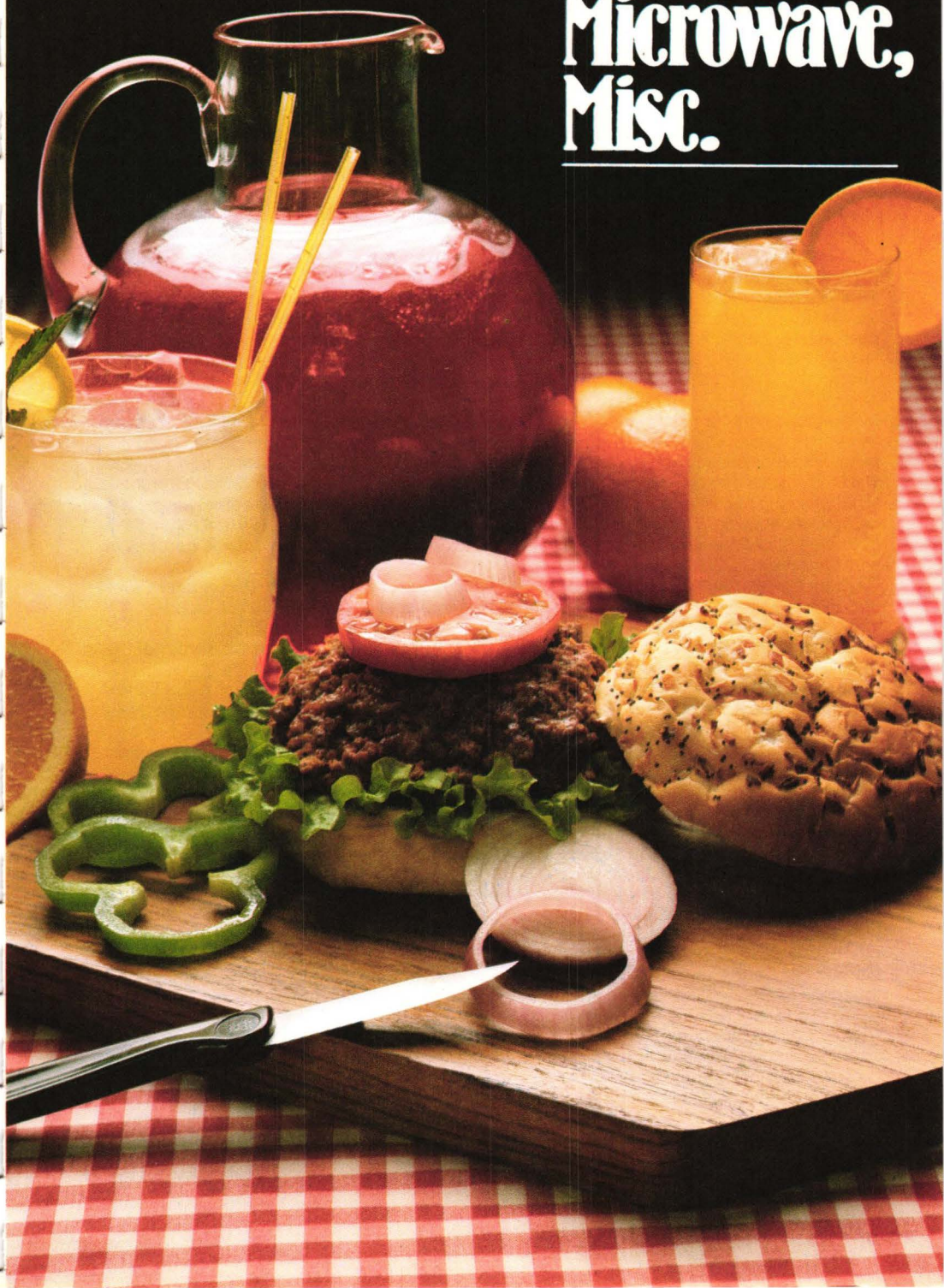
Wash apples; remove core and peel. Slice 1/2 inch thick. Tie spices in bag. Bring all ingredients to boil. Add apples; boil till tender but still firm. Weight apples under solution and let stand 8-10 hours. Pack in jars to within 1/2 inch from top. Put on cap; screw band tight. Makes 5 pints. Process 30 minutes in boiling water bath.

Charlene Peppinger

notes

notes

Beverages, Microwave, Misc.



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard—perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2 - 2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the boney pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat left-over custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BEVERAGES, MICROWAVE, MISCELLANEOUS

BEVERAGES

DELICIOUS EGG NOG

1 qt. milk (part cream or half & half, if desired)	1 tsp. nutmeg or to taste
6 eggs	1/2 c. sugar
	1 tsp. vanilla
	Pinch salt

Put all ingredients in blender; blend on high for a few seconds. Serve; sprinkle a little nutmeg on top for added color.

Jan Hansen

FRUIT DRINK

6 oz. can frozen orange juice	3 cubes strawberry
1 c. pineapple juice	3 cubes peaches
3 cubes apricot	1 banana
	2 to 4 c. water

Try variations of different fruit ingredients. As a party beverage, add a little Sprite. These ingredients are simply blended together to make a breakfast drink that is as nutritious as it is refreshing. When in season, take fresh fruit such as apricots, strawberries or peaches and blend them. Then freeze them in ice cube trays and place in separate bags in the freezer. In this way, you can have fruit drink all year round.

Richard Goddard

RASPBERRY-APPLE CIDER

1 (12 oz.) pkg. frozen loose-pack, lightly sweetened raspberries, thawed	4 c. apple cider or juice
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Crush berries by pressing against the side of a bowl with the back of a spoon. Add cider to crushed berries and juice. Cover and chill. Strain liquid through double-thickness cheesecloth; discard seeds. Serve chilled over ice. Makes 4 1/2 cups.

Rita Reese

PINEAPPLE SLUSH

Boil 6 cups water and 4 cups sugar. Cool. Combine:

1 can lemonade concentrate	1 qt. pineapple juice
1 can orange juice concentrate	1 qt. crushed pineapple
1/2 c. lemon juice	5 mashed bananas

Add sugar water. Freeze. Serve with 7-Up. Makes about a gallon of mixture.

Penny Lundquist,
December's Luncheon

SMASH

1/2 gal. pineapple sherbet	1 (10 oz.) pkg. frozen raspberries
	4 bananas

Smash the bananas and raspberries and then smash them into the sherbet. Serve as frozen dessert or serve with 7-Up as a slush.

Nancy Hooper

YUMMY SLUSH

3 pkg. strawberry Kool-Aid (unsweetened)	1 large frozen orange juice plus the water called for on can
2 pkg. orange Kool-Aid (unsweetened)	

5 large bananas,
mashed (or put
in blender)

1 c. sugar (for each pkg. of
Kool-Aid)
4 c. mashed strawberries

Mix together and add 6 quarts of water. Put in freezer. For this amount, I would make the night before. Take out when good and slushy. Keep in refrigerator. Serves about 50 people, using 5 ounce cups.

Pat Swenson,
Relief Society Birthday

FRESH STRAWBERRY COOLER

1 c. sliced, fresh
strawberries
2 Tbsp. honey
2 c. cold milk

1 pt. strawberry ice cream,
softened
Fresh, whole strawberries
(if desired)

Place strawberries, honey and a small amount of milk in blender container; cover. Puree until almost smooth. Add remaining milk and ice cream. Blend until smooth and frothy, about 1 minute. Serve immediately in tall, chilled glasses, garnished with fresh, whole strawberries. Yield: 36 ounces or 4 glasses.

Christy Watts

HOT TOMATO BEVERAGE

2 (46 oz.) cans
vegetable juice
cocktail (V-8 juice)
1 Tbsp. Worcestershire
sauce

1 tsp. salt
1 tsp. celery salt
1 tsp. basil

Mix all ingredients and bring to a boil. Reduce heat and simmer 10 minutes. Serve hot. (12 servings)

Debbie Hansen

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